

Your essential daily news | weekend, January 15-17, 2016

High 1°C/Low -3°C Sunny, snow on weekend

PROPOSAL

Khyber could get encore



If a new proposal makes it through Halifax regional council, the Khyber building on Barrington Street could be making a comeback.

The Friends of the Khyber group held a public meeting at the Halifax North Memorial Library Thursday night to detail its proposal to renovate and reopen the historic downtown arts incubator.

The plan would see the city hand over the building for \$1 after the group proves it can pay for the necessary renovations through funding from the three levels of government and private donations.

Those renovations would link the building to Neptune Theatre, allowing for an elevator to make the building accessible, and adding a glass-enclosed fourth floor to the building, as well as an atrium at the street level.

We really feel like it's a good recipe that can work," local musician and Friend of the Khyber Joel Plaskett said after the meeting. "It recognizes the fact the city has wanted to divest themselves of the building."

Coun. Waye Mason, who helped bring the issue to council in the first place, agrees it makes sense.

"I've got to believe the majority of councillors are going to see the wisdom in going ahead with this, and as Joel said, pushing the risk and liability outside."

The group said the proposal will head to council either later this month, or in early February.







JESSICA ALLEN HOW TO LOOK SMART AT YOUR AWARDS



metroLIFE



WEKEND SPECIALS FRI-SUN

Your Neighbourhood Seafood Store • Bringing Our Customers Quality, Service, Variety & Value Since 1948

Fresh Haddock **Fillets** (Boned) Long Line Medium Size **\$6.99lb**

Fresh Whole Steelhead Trout Excellent Quality & Price! 1-3lb **\$3.69lb**

Frozen Broken Boned Haddock Fillets Great Pan Fried \$3.99lb

Grey Sole Fillets White Mild Flavoured & Tasty \$5.991b

@FishermansRtl Download "Reebee" APP 00 to sea our Weekend Flyer on Friday

Specials in effect Jan 15th to Jan 17th

"THE HELM BAKERY"

Seafood or Lobster Pies 6" or 9" Made in Middle

Seafood packed for shipment and travel. Gift Cards & Party Travs Availabl

Raw Cocktail Shrimp Pacific White Peeled & Deveined Tail On, Med 31/40 cnt \$8.991b

"Garage BBQ Specials" - You Know You Want To!! FROZEN, BONED & STEAKED Marlin Loins Swordfish Loins **Shark Loins \$7.99lb**

607 Bedford Hwy. 443-3474 • Mon-Sat 9am-6pm • Sun 11am-6pm • fishermansmarket.com • follow us on Facebook: FishermansHfxRetail

ONLY AT STEELE CHRYSLER & HALIFAX CHRYSLER

50 NEW 2015'S HAVE TO GO!

ALL VEHICLES HAVE 500 KM OR LESS!!!



SAVINGS LIKE YOU'VE NEVER SEEN BEFORE!

2015 CHRYSLER	HALIFAX CHRYSLER STEELE CHRYSLER
#L24043 200 S	WAS \$34,725 NOW \$24,980° SAVE \$9,258
#L06542 200 S	WAS \$34,920 NOW \$24,980° SAVE \$9,482
#L21376 200 LX LEATHER	WAS \$26,290 NOW \$17,980° SAVE \$7,607
#L11506 200 C AWD	WAS \$38,420 NOW \$28,980 SAVE \$8,907
■ #L56908 200 LX	WAS \$24,890 NOW \$17,495" SAVE \$6,555
■ #L28944 200 LX LEATHER	WAS \$26,290 NOW \$17,995" SAVE \$7,590
2015 DODGE	HALIFAX CHRYSLER STEELE CHRYSLER
#L50812 JOURNEY BLACKTOP	WAS \$33,055 NOW \$23,980° SAVE \$8,487
#L54248 JOURNEY BLACKTOP	WAS \$33,985 NOW \$23,980" SAVE \$9,557
#L54231 JOURNEY CROSSROAD	WAS \$37,090 NOW \$26,980" SAVE \$9,677
#L69853 DART SXT AUTO	WAS \$23,535 NOW \$16,995 SAVE \$5,572
#L74927 DART RALLYE 6SPD	WAS \$23,630 NOW \$16,995 SAVE \$5,681
#L46689 CHALLENGER SXT PLUS V6	WAS \$38,040 NOW \$29,980" SAVE \$7,320
2015 FIAT	HALIFAX CHRYSLER STEELE CHRYSLER
#L34349 FIAT 500 POP AUTO	WAS \$19,185 NOW \$11,980" SAVE \$6,337
#L500773 FIAT 500 POP AUTO	WAS \$20,855 NOW \$12,980" SAVE \$7,142
#L32237 FIAT SOOL POP AUTO	WAS \$24,080 NOW \$14,980" SAVE \$8,516
#L34664 FIAT 500L SPORT AUTO	WAS \$28,280 NOW \$17,980° SAVE \$9,896
#L34225 FIAT SOOL SPORT AUTO	WAS \$28,435 NOW \$17,995" SAVE \$10,074
#L35973 FIAT 500L SPORT AUTO	WAS \$31,390 NOW \$20,995" SAVE \$10,022
#L500572 FIAT 500 LOUNGE AUTO	WAS \$25,830 NOW \$17,980° SAVE \$7,078

2015 F	RAM	HALIFAX C	HRYSLER	S 51	EELE CHRYSLER
#L89603	1500 REG CAB SLT 8' BOX 5.7L HEMI	WAS \$47,810	NOW \$35	,980	SAVE \$11,655
#L81745	1500 SPORT QUAD 5.7L HEMI	WAS \$60,565	NOW \$47	2,980	SAVE \$18,274
2015 J	EEP	HALIFAX C	HRYSLER	= 51	EELE CHRYSLER
#L36405	CHEROKEE SPORT FWD	WAS \$29,805	NOW \$23	3,980°	SAVE \$4,750
#L42238	CHEROKEE SE FWD	WAS \$32,780	NOW \$25	5,980°	SAVE \$5,871
#L42229	CHEROKEE SPORT LEATHER FWD	WAS 531,100	NOW \$25	5,980	SAVE \$3,939
#L56088	CHEROKEE SPORT LEATHER FWD	WAS \$30,830	NOW \$25	,980°	SAVE \$3,628
#L42233	CHEROKEE SPORT LEATHER FWD	WAS \$31,625	NOW \$26	5,480	SAVE \$3,968
#L51219	CHEROKEE NORTH 4X4	WAS \$36,445	NOW \$27	7,980	SAVE \$7,786
# 1.58830	CHEROKEE NORTH 4X4	WAS \$37,070	NOW \$29	9,980	SAVE \$6,204
#L54641	CHEROKEE LIMITED 4X4	WAS \$40,455	NOW \$31	,980	SAVE \$7,797
#L54652	CHEROKEE LIMITED 4X4	WAS \$40,230	NOW \$33	3,980	SAVE \$5,238
#L33401	CHEROKEE LIMITED 4X4	WAS \$42,810	NOW \$34	1,980°	SAVE \$7,055
#L63066	CHEROKEE LIMITED 4X4	WAS \$42,810	NOW \$34	4,980	SAVE \$7,055
#L18278	COMPASS NORTH 4X4	WAS \$31,055	Now \$21	,980°	SAVE \$8,487
#L68853	COMPASS NORTH 4X4	WAS \$33,380	NOW \$26	5,980	SAVE \$5,411
#L18291	COMPASS NORTH FWD	WAS \$31,055	Now \$23	3,980	SAVE \$6,187
#L08512	GRAND CHEROKEE OVERLAND 3.0L DIESEL	WAS \$67,910	NOW \$53	3,995	SAVE \$14,070
#L40143	RENEGADE NORTH FWD	WAS \$30,750	NOW \$24	4,980	SAVE \$4,686
#1.40170	RENEGADE NORTH FWD	WAS \$31,325	NOW \$24	4,980	SAVE \$5,348
#L41015	RENEGADE LIMITED 4X4	WAS \$29,980	NOW \$24	4,980°	SAVE \$3,801
#L42432	RENEGADE NORTH FWD	WAS \$30,750	Now \$25	5,980	SAVE \$3,801

PURCHASE ANY OF THESE VEHICLES AND RECEIVE A TRIP FOR TWO
TO VEGAS OR FLORIDA – HOTEL & AIR INCLUDED



BAYERS LAKE, Halifax, NS PH: 902 -982-3915 TF: 1-866-509-2995 www.halifaxchrysler.com



44 BEDFORD HWY, Halifax, NS PH: 902-982-3989 TF: 1-888-497-9121 www.steelechrysler.com



Your essential daily news

Weekend, January 15-17, 2016

Mixed-use site approved

DEVELOPMENT

'Beautiful' facility to house new **YMCA building**



Zane Woodford Metro | Halifax

Halifax's design review committee voted Thursday to approve a mixed-use development at the site of the former CBC and YMCA buildings, despite city staff's recommendation that the committee refuse the proposal.

The proposal by Southwest Properties for two buildings at the corner of Sackville and South Park streets - one of which will house a new YMCA building complete with a pool and gym facilities — required 14 variances in the city's design manual for things like heights and set-backs.

The land-use bylaw is not the bible," committee chairman Kourosh Rad said during the meeting.

"It's such a fascinating opportunity to have this beautiful facility in our community."

Rad, along with the five other committee members present Thursday took no issue with



We strive for excellence in all our projects.

Jim Spatz, CEO



An artist's rendering of Southwest Properties' proposed mixed-use building at South Park and Sackville. CONTRIBUTED

any of the variances laid out by city staff, though the committee tacked on three conditions to its approval of the project.

Those conditions include privacy screens on balconies, an architectural louvre on the building's corner and a stipulation that the developer match finishes at the ground level on each side of the buildings.

Southwest chairman and CEO Jim Spatz said after the meeting those conditions were things his company would've done anyway. Spatz said the decision gave him great satisfaction."

'We've been committed to trying to achieve an excellent project on that site for many

years now, and to be able to know that we can go forward is just very satisfying," he said, adding he planned to break ground in May or June of this year.

Spatz, along with the Halifax branch of the YMCA's CEO, and the project's architect were given a special opportunity at Thursday's meeting to respond to city staff's qualms with the design.

After an in-camera portion of the meeting added to the top of the agenda, the committee made a motion to give developers 15 minutes to present to the committee - something that had previously only been an informal arrangement, according to city



The demolition of the old YMCA building on South Park Street. JEFF HARPER/METRO

🛑 IN BRIEF

Environment Canada issues winter storm warning

Netflix will crack down on custom-

ers who use proxy services to view content not available in their countries.

Another storm is headed our way. What it will bring us is anyone's guess.

On Thursday, Environment Canada issued a special weather statement for the Halifax region, warning of the potential for snow, rain, freezing rain and high winds on Saturday.

Halifax is coming off its first winter storm of 2016, with about 20 centimetres of snow falling early Wednesday morning.

Environment Canada is advising people to monitor future forecasts as the storm system moves closer to the province. METRO

Seasonal parking ban lifted

Enforcement of the winter parking ban has been lifted in the Halifax area, but not before police and parking enforcement officers handed out 337 tickets and had 12 vehicles towed.

This comes after 249 tickets were given early Wednesday morning to drivers who defied the ban.

When the ban is enforced, drivers face ticketing and having their vehicles towed, when parking in the street between the hours of 1 a.m. to 6 a.m.

To help avoid a ticket and the costs of being towed, the municipality advises residents to ask three questions before parking on the street this winter: Is your car causing a safety issue? Is it making the road impassable? Is it impeding snow operations underway



Hospital part of talks with PM

VICTORIA GENERAL

Facility likely won't be part of capital plan, minister says



Rvan Metro | Halifax

Weekend, January 15-17, 2016

The aging Victoria General hospital may have been brought up with the prime minister, but plans for its replacement likely won't be in Nova Scotia's upcoming capital plan.

Premier Stephen McNeil sat down with Prime Minister Justin Trudeau on Wednesday for their first face-to-face meeting since the election, touching on issues including the muchneeded replacement for the Halifax hospital.

"We believe that there's a role for a number of partners in that, and we hope the federal government will be one of those," McNeil told reporters after cabinet Thursday.

McNeil said he also empha-



The aging Victoria General hospital has dealt with floods, rodent issues and multiple other problems. JEFF HARPER/METRO

sized the province's hope that the Building Canada Fund is as "broad as possible" when it comes to infrastructure money for services to residents and strategic investments that will grow the economy.

In response to concerns over

the Victoria General site, Mc-Neil said Trudeau was very encouraging, "as he always is."

Trudeau didn't offer any guarantees on the VG since "that's really not how that works," McNeil said, but added the conversation will continue

with health and finance ministers at both the provincial and federal levels.

"Our conversation was really about ensuring that (Trudeau) understood, from the view of the premier, where we're heading as a province," McNeil said.

When asked if Nova Scotia can afford to replace the VG site — part of the Queen Elizabeth II Health Sciences Centre — without federal dollars, McNeil said it would be "certainly more challenging," but the province will deliver

on the commitment.

"We need to make sure, though, that we build the right facility for the next 60 years and not try to replicate the one that worked for the last 50," he said.

Although finance minister Randy Delorey said Thursday the province's capital plan will be announced likely next week, health minister Leo Glavine later said any capital funds for the VG will "probably not" be included in it.

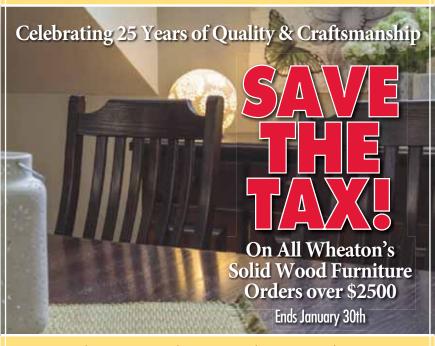
Glavine has promised a replacement plan for the VG which has dealt with floods, rodent issues and multiple other problems — will come in January.

NDP health critic MLA Dave Wilson said it's frustrating there will be no details on the VG in the capital plan.

"We've known for a very long time ... the need to replace the VG hospital," Wilson said.

"We're going to continue to see situations that we've seen over the last year or two happen ... because of their inaction."





27 Walker Ave. Lr. Sackville 902-865-9933

Dartmouth Crossina Dartmouth 902-481-3330

Bayers Lake Halifax 902-876-7000

518 Shaw Rd. Berwick 902-538-9793

wheatons.ca



Prime Minister Justin Trudeau meets with Nova Scotia Premier Stephen McNeil on Parliament Hill in Ottawa on Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

McNeil says he urged Trudeau to remove immigration cap

The premier says removing Nova Scotia's current immigration cap on provincial nominees is a "question of fairness."

After cabinet Thursday, Premier Stephen McNeil said he had urged Prime Minister Justin Trudeau in their meeting Wednesday to allow Nova Scotia to have the same numbers in the provincial nominee program as other areas of Canada.

"In western Canada, almost every province has a cap of 5,000. If you look into Atlantic Canada, we were somewhere between (500) and 1,000, depending on which province," McNeil said.

Although Nova Scotia has worked to raise the cap to 1,400, McNeil said that's not enough and this province should be treated the same

"We're certain we can attract people to come to our province, but we need the national government to help us."

"Making sure that not only are we bringing refugees into the province, but that we allow that immigration cap to lift so that we can do both and continue to grow the population," he said.

McNeil said Trudeau seemed "receptive" to the idea but made no promises.

"This is a question of fairness in my view," McNeil said. HALEY RYAN/METRO

Long-term care system in crisis: Nurses' union

ESSENTIAL SERVICE

Report says aging facilities bad news for aging citizens

Canada's health-care system is struggling to find the resources to provide adequate long-term care for people who can no longer live in their homes and the challenge has already reached the crisis stage in Nova Scotia, a new report says.

The report, prepared for the Nova Scotia Nurses' Union and released Thursday, says the province's antiquated system is plagued by understaffing, excessive workloads, demoralized staff, unsafe working conditions and workplace violence.

These problems can be found in other provinces, but they are particularly acute in Nova Scotia, where an unusually large proportion of seniors is growing at a rapid rate.

Seniors already account for 18.9 per cent of the population — one of the highest proportions in Canada — and that number is expected grow to just over 30 per cent in the next 22 years.



Prescription for change

The report includes 15 recommendations for improvement, including a call to update legislation that hasn't been changed in 38 years, hiring more long-term care nurses and nurse practitioners, improving monitoring and launching an independent



Health and Wellness Minister Leo Glavine rejects the idea there's a problem. JEFF HARPER/METRO

Long-term care is in desperate need of resuscitation ... to prepare for the imminent and expansive growth of our seniors population.

Janet Hazelton, Nova Scotia Nurses' Union

As well, the 6,900 residents in Nova Scotia's 90 long-term care facilities are by far the oldest in Canada with an average age of 88.

"The patients coming in are sicker and older," Sheri Galli-van, a registered nurse with 23 years of experience in longterm care, told a news conference. "The resources we have do not meet their needs."

And even though about 1,600 seniors and vulnerable citizens are on waiting lists, the province has no plans to add extra beds, the report says.

"Long-term care is in desperate need of resuscitation ... to prepare for the imminent and expansive growth of our seniors population," Janet Hazelton, the union's president, says in the report. "Our system is dangerously out of step with the times.'

Health and Wellness Minister Leo Glavine bristled when

asked if the system was gripped bу crisis. **Proportion of**

" A b solutely not," he said after a cabinet meeting.

"I've been in half the homes

in the province ... from time to time, individual nursing homes will have staff issues ... I haven't had those calls to my office from nurses who work in nursing homes, nor management about any dire situations." THE CANADIAN PRESS

248 Nova Scotia nurses

in an online

survey who reported

staffing levels were a serious problem.

'Roman' sword found on island



Haley Ryan Metro | Halifax

A so-called Roman sword discovered off the coast of Oak Island would be "nice" to have — if it turns out to be legitimate, says the province's communities, culture and heritage minister.

On Thursday, Tony Ince said no one in his department has seen the sword. It features in History Channel's The Curse of Oak Island series Jan. 19, on the episode Sword Play.

"Staff is interested in hearing about it," Ince said. "I would urge anyone who has it or has any connection to it, to look to the experts that deal

with Roman artifacts ... to try to verify whether or not this is a legitimate find.

Details of the finding were published in The Boston Standard, a U.K. paper, in December, with notes from self-described historic investigator J. Hutton Pulitzer, a researcher on the show.

Ince said the sword would not be covered under the province's Special Places Protection Act because it was found before the act came in, but anything found in the future would be turned over to the government.

"It would be nice, but I'd leave that up to the experts and find out whether or not there is a real sword, and the sword is from that period," Ince said.



This mysterious sword will feature in The Curse of Oak Island on The History Channel. CONTRIBUTED



EDUCATION

Junior Achievement gets provincial boost

The provincial department of education and early childhood development announced Thursday an increased to funding for Junior Achievement from \$50,000 to \$125,000 for the 2015-16 school year.

The program is designed for students in Grades 9 to 12. The enhanced partnership between government

and Junior Achievement of Nova Scotia will provide more students across Nova Scotia with access to handson learning in financial literacy, career readiness and entrepreneurship.

"Our mission is to inspire and prepare young people to succeed in the global economy," Kristin Williams, Junior Achievement of Nova Scotia president and CEO, said in a press release. METRO



Having a ball on the local pitch

BMO SOCCER CENTRE

Syrian refugees enjoy playing the beautiful game



Yvette d'Entremont

Anas Abujesh doesn't know many English words, but the 12-year-old Syrian refugee did know "beautiful," the word he used to describe Canada.

Abujesh arrived in Canada last week. He was one of more than a dozen Syrian refugees who enjoyed a spirited soccer game at the BMO Soccer Centre in Halifax on Thursday.

Organized by the Immigrant Services Association of Nova Scotia (ISANS) with the help of Soccer Nova Scotia, Thursday's event was the third soccer game held for refugees in the past two

"I used to play soccer in school, I started playing soccer in first grade and so yes, I am excited to be here playing," Abujesh said through interpreter Issam



Two young Syrians play a pickup game with other new Nova Scotians at the BMO Soccer Centre Thursday. JEFF HARPER/METRO

Khoury."This building is nice and beautiful. I like everything about Canada. Canada is more than beautiful.

The newcomer said he wants

to join a soccer league in Halifax and would like to be a goalkeeper.

That spirit of competitiveness was evident during the hour long game that brought out 14 refugees, many children and youths but a few adults too.

"It is a wonderful opportunity for people, especially when

they are arriving in winter and they have to stay indoors most of the time," said ISANS spokeswoman Nabiha Atallah. "Soccer is a game they all know and love.

It's a great opportunity for them to be active and to be able to get out and do something different while they are in a bit of a waiting period."

Brad Lawlor, executive director of Soccer Nova Scotia, said his organization was thrilled to have the chance to help organize soccer games for refugees. He said the high level of play was fun to watch.

"Soccer is a universal game and this is their sport of choice. You can tell they are just so passionate about the sport," he said.

"We have 50 and 60-year-old men here and three-year-old girls coming out and playing a game that they love and for us giving them an opportunity is just



Issam Khoury, who volunteered to translate for the Syrian refugees, said it was a great experience. "They are all very excited about this. They haven't done it for a long time and are happy to be here and happy to be playing," he said.

NOTICE

Consultative Process for Approval Under the **Environment Act**

This notice is a requirement in support of an application for approval under the Environment Act.

This is to advise that the Halifax Regional Municipality is proposing to expand the current use of the solid waste processing facility (located at 600 Otter Lake Drive, Otter Lake) to include the operation of a waste transfer station in accordance with the Environmental Act and the Activities Designation Regulations.

The proposed location of the activity is 600 Otter Lake Drive, Otter Lake, Halifax Regional Municipality. A portion of the existing infrastructure is proposed to be used as a transfer station. The purpose of the transfer station is to consolidate and transport waste to a Department of the Environment approved facility.

The anticipated start date for the proposed project is April 1, 2016.

The deadline for submission of comments to the proponent is February 15, 2016.

For additional information or to provide comment please contact:

Solid Waste Resources, Halifax Regional Municipality PO Box 1749, Halifax NS B3J 3A5

Comments may also be sent to: Nova Scotia Environment, 30 Damascus Road, Suite 115 Bedford Commons, Bedford NS B4A OC1



HALIFAX

CLEAROUT OFFERS

NEW 2016 HYUNDAI ELANTRA L

WAS \$15,799 PLUS FREIGHT

NOW ONLY

NEW 2016 HYUNDAI ELANTRA LE

AUTOMATIC & AIR CONDITIONING ONLY

SNOW TIRES INCLUDED!!

NEW 2016 HYUNDAI ELANTRA GT GL

AUTOMATIC

SAVE \$5,200 OVER \$

WAS \$21,249 PLUS FREIGHT

NEW 2016

HYUNDAI SANTA FE's \$23,499

NEW 2016 HYUNDAI SANTA FE SPORT LUXURY AWD

LEATHER, PANORAMIC SUN ROOF, HEATED FRONT AND REAR SEATS, POWER DRIVER AND PASSENGER SEATS, HEATED STEERING WHEEL PROXIMITY KEY, BLIND SPOT DETECTION, REAR VIEW CAMERA, SMART LIFTGATE, MEMORY SEAT AND MIRRORS, SLIDING SECOND ROW SEAT, REAR PARK ASSIST, REAR DOOR BLINDS, DUAL ZONE TEMPERATURE CONTROL, XM RADIO WITH 4.3° TOUCH SCREEN AND MORE!

WAS \$35,899 PLUS FREIGHT

STEELE HYUNDAI CLEAROUT SPECIAL

DEMO BLOWOUT DEMO BLOWOUT **DEMO BLOWOUT**











DEMO BLOWOL DEMO BLOWOUT



3625 Kempt Rd, Halifax, NS Local: 902.982.3980 TollFree: 1 877.720.7453 www.steelehyundai.com



Same man sought in spree of exposures



Police are asking the public to help identify a man believed to be responsible for four indecent acts and a sexual assault that took place in Halifax's south end last month.

All of the incidents occurred on Dec. 4.

They began at 1:30 p.m. when a man followed a woman walking near Lucknow and Fenwick streets. He yelled sexual comments and grabbed his crotch over his clothing.

About 20 minutes later, a man approached another woman walking on Victoria Road. He pulled up his jacket and appeared to have exposed himself. The woman waited in a nearby grocery store and upon leaving saw the same man seemingly grab himself.

At 2 p.m. a man approached a woman walking on Fenwick Street near Morris Street. He touched the woman in a sexual manner over her clothing and grabbed her by the arm. She kept walking and called police when she arrived home.

Between 2 p.m. and 2:15 p.m. a man exposed himself to a woman walking on Fenwick Street. She reported the incident to police at about 3 p.m.

At 2:15 p.m. a man approached another woman walking on Fenwick Street and stopped directly in front of her. He dropped his pants and exposed himself. The woman walked by the man, who followed her. She went to her nearby apartment and closed



The suspect is described as six feet tall and skinny. He had a blue jacket, grey sweat pants, glasses and black backpack. CONTRIBUTED



Police investigate after a body was found in a patch of woods along Pleasant Street in Dartmouth last weekend. JEFF HARPER/METRO

Authorities not yet able to identify body

PROPERTY CRIME

Teens accused of breaking into cars

Four teenagers are expected to face charges for allegedly breaking into several cars in Cole Harbour early Wednesday morning.

Police officers responded to Lundy Drive at about 12:30 a.m. after receiving "a complaint of four males dressed in black going through motor vehicles," a Halifax RCMP news release said.

Officers were able to track down the suspects with help from the "freshly fallen snow" and arrested all four of them on nearby Karen Drive.

A 15-year-old boy and 17-yearold boy from Dartmouth, as well as a 14-year-old boy and 17-yearold boy from Cole Harbour, will appear in court at a later date to answer to charges, the release issued Thursday afternoon said.

Halifax RCMP did not say in the news release what charges the teenagers are expected to INVESTIGATION

Person found coated in snow a 'sudden death'



Philip Croucher Metro | Halifax

It will be at least next week, police say, before they can positively identify a body found in

a wooded area in Dartmouth.

Last Saturday, a man out for a walk near the 200 block of Pleasant Street stumbled upon the body and called police.

Forensic identification units were on the scene Saturday evening and Sunday collecting evidence in what police labelled a "sudden death."

Halifax Regional Police spokeswoman Const. Dianne Woodworth said on Thursday the medical examiner's office

There's nothing at this point to deem it suspicious.

Const. Dianne Woodworth

conducted an autopsy Wednesday and more testing is needed next week to ID the person.

Woodworth said there's nothing to pinpoint the death as suspicious, but they can't 100 per cent rule that out until the person has been officially identified.

Police haven't released the gender of the deceased but say the person had been there for quite some time, as the body was found partially covered in snow.

Woodworth said there have been "a few inquiries" from people with missing family members looking to find out who the person is.

ATLANTIC



WEDDING SHOWCASE



January 17, 2016 11:30 am to 4:30 pm Cunard Centre (Pier 23), Halifax

Presenting Sponsor

factor

902.233-2276

atlanticweddingshowcase.com info@atlanticweddingshowcase.com









W()Wfactor









Dr. Amy Porath-Waller, the centre's director of research and policy said research indicates the risks are greater for younger people who use marijuana. JEFF HARPER/METRO

Pot panel hits cit

There are many misconceptions among youth, says researcher

As the federal government ponders how to carry out a promise to legalize marijuana, the armslength agency that studies addiction is embarking on a four-city tour to spread warnings about the effects of the drug on young

The Canadian Centre on Substance Abuse opens the tour in Halifax on Friday with a panel of three experts who contributed to a report released in June that addressed the issue of cannabis use in adolescence.

Dr. Amy Porath-Waller, the centre's director of research and policy, characterizes the timing of the sessions as a bit of "serendipity" given the Liberal government's December throne speech in which it pledged to "legalize, regulate and restrict access to marijuana."

"It's great timing as the discussions are ongoing because we

know the focus has been keeping cannabis out of the hands of young people," said Porath-

She said the aim of the tour is to start a conversation on how to protect those under 25, regardless of which direction the government decides to take with the drug.



Dr. Philip Tibbo and Dr. Sherry Stewart of Dalhousie University's Psychiatry Department will take part in the Halifax panel along with Dr. Selene Etches, a child and adolescent psychiatrist at the IWK Health Centre.

Porath-Waller said research indicates the risks are greater for younger people who use marijuana because their brains are still in development.

"We know that it impairs cognitive functioning and there are areas of the brain that are involved in thinking, paying attention, memory and decision making that are impacted by the use of this drug," she said.

And while there are gaps in the research, Porath-Waller said there is evidence of emerging trends such as the risk of addiction.

She said the research has found that one in six, or about 17 per cent of people who start using marijuana in adolescence, will develop an addiction. She added that researchers are also fairly confident that there is an increased risk of psychosis for those who are vulnerable.

Porath-Waller said the idea of the panel presentations is to engage those dealing with youth including doctors, teachers, guidance counsellors and parents.

These events are really meant to lift the evidence off the pages of the report and get it into the hands of those who are working with young people ... so they can make informed decisions," she said. Porath-Waller said there will also be an effort to deconstruct myths around the drug such as the belief by some that it cures cancer or improves their performance in school.

"We have found that there are a lot of misconceptions out there amongst youth," she said. THE CANADIAN PRESS

University employees vote to strike ahead of contract talks

workers at Cape Breton University have voted in favour of strike action just ahead of conciliation talks next month.

The members of Nova Scotia Government Employees Union (NSGEU) Local 18 who cast a ballot voted 100 per cent in favour of striking "if it is necessary to achieve a decent contract," according to NSGEU

"This vote was a clear show of confidence and support to the bargaining committee that the members are willing to take whatever steps are necessary to ensure their next agreement is fair," said Jessome, in a press release.

According to the union, the key issues at the bargaining table are hours of work, concerns over workload and wage

equality with counterparts doing similar work at their own institution and at other universities in Nova Scotia.

There are two separate bargaining committees representing Local 18 teachers and maintenance workers working in skilled trades at CBU.

They head into conciliation on Feb. 2 and Feb. 3, respectively.

metr

THE HANDY POCKET VERSION!

Get the news as it happens





Cape Breton-Canso MP Rodger Cuzner says the best way to help struggling families is to provide jobs. He believes resurrecting the Donkin mine, pictured, will open up many opportunities for the

Environment versus employment

Local MP aims to save Donkin mine coal for national crisis

A Cape Breton group is advocating the Donkin mine coal be saved for a national emergency — an idea not gaining any warmth from local MPs.

Cape Breton-Canso MP Rodger Cuzner said when he thinks of emergencies, he thinks of the

need for jobs with the child poverty rates of 34.5 per cent in the federal riding of Sydney-Victoria and 24.4 per cent in the federal riding of Cape Breton-Canso.

"Not to be trite but I would think if that doesn't lend itself to be viewed as some sort of national emergency, I don't know what does.

In a recent story in the Cape Breton Post, the Margaree Environmental Association has asked Prime Minister Justin Trudeau to reserve the Donkin mine coal seam in the ground unless an emergency situation

deems it necessary to be mined. The association also says

most Nova Scotians and Cape Bretoners don't want a return to coal mining and would prefer to see green energy options developed.

Cuzner said if there's opposition to the Donkin mine opening, he hasn't come across it in his travels.

Cuzner said the best way to help people struggling is to provide jobs.

"We have to grow the number of jobs that we have here locally so there's a great deal of excitement around Donkin and the fact they've called for resumés and have ramped up their hiring. There's a buzz in the community.'

Cuzner said the benefit of mining jobs cascade out in the community at about a four to one ratio.

He said in a perfect world everyone would have solar panels and energy would be generated by windmills.

"We all realize we don't live in a perfect world," he said.

He noted as the country works toward greater access to sustainable energy there's still a huge demand for traditional fuels and fossil fuels. He said globally there remains a market for coal.

Sydney-Victoria MP Mark Eyking said it's a bit idealistic to reserve coal for emergencies.

He said if there was some sort of energy crisis, it takes years to set up a mine and open it.

"Even if it was national policy and it wouldn't be a good one - how could you turn it around in months?" he said.

"What are you going to do, set it up and leave it there, and POLL

In a recent Cape Breton Post poll on the Donkin mine, more than 78 per cent of voters chose 'yes, we need the jobs,' on the project, followed by 13.9 per cent who worried about the environmental effects of coal.

keep pumping it out and keep it functioning but don't take an ounce of coal out?" TO MEDIA



PARK LANE IS OOKING BETTER THAN EVER!

SALE Friday, January 8th to Saturday, January 23rd

Fill out a ballot in-store or enter on Facebook for your chance to WIN A \$500 MAKEOVER PRIZE! | ShopPLM

'AT PARTICIPATING PARK LANE SHOPS, CONDITIONS APPLY, SEE IN-STORE OR ONLINE FOR DETAILS

PARK # LANE

ShopParkLane.ca

Federal crime plan reviewed

PUBLIC SAFETY

Prevention tactics studied for success



Michael Woods Metro | Ottawa

The Liberal government is planning to put hundreds of Conservative crime-prevention initiatives under the microscope to determine which ones worked and which ones didn't.

A request for proposals issued Wednesday says Public Safety Canada is launching a year-long study examining the sustainability of crime prevention projects the department has funded.

Starting in 2006 - when Stephen Harper's Conservatives took office — the department has funded about 800 crime prevention projects under the National Crime Prevention Strategy, originally pegged to have a \$43-milion annual budget, but which suffered \$29 million

The strategy's current priorities, the RFP says, are to address early risk factors among children, youth and young adults at risk of offending.

The study would review a

sample of the 800 projects to determine the extent to which they have been sustained beyond government funding; in other words, which ones were adopted by non-governmental agencies and other levels of government.

A final report would be due this November, with a presentation to department officials in mid-December.

The RFP says Public Safety has been researching and reporting on the impact of its crime prevention projects for the past eight years "in order to demonstrate what works in crime prevention in Canada."

"Currently, (Public Safety) research efforts are focusing on the sustainability of successful, evidence-based crime prevention projects beyond NCPS funding."

The department has yet to respond to questions about the crime prevention strategy.



Prime Minister Justin Trudeau and Jennifer Flanagan, centre, President and CEO of Actua, after taking part in a virtual reality tour at the new Google Canada Development headquarters in Kitchener, Ont., Thursday. NATHAN DENETTE/THE CANADIAN PRESS

Diversity key to growth: PM

Shifting away from reliance on oil and other commodities is key to Canada's economic future growth, Prime Minister Justin Trudeau said on Thursday.

Speaking at the opening of Google's new Canadian headquarters, he acknowledged the pain people are feeling amid a slump in oil prices.

"Tĥat is wĥy we put forward an ambitious agenda to invest in Canada, to count on Canadians to be able to bounce back from low commodity prices by diversifying.'

He said the opening of Google's 17,000-square-metre facility was an example of the "positive news" in the economy.

Earlier in the day, the Liberal prime minister visited Black-Berry's HQ, and stopped by at the University of Waterloo to announce \$12 million for research into clean-water technologies. THE CANADIAN PRESS

🛑 IN BRIEF

Kevin O'Leary denies parallels to Donald Trump

Outspoken businessman Kevin O'Leary confirmed he's considering taking a run at the leadership of the Conservative party, while fellow titan Trump runs for head of the U.S. Republicans. But he denied parallels, other than media savvy. "I don't build walls," he said. Earlier this week, he said he would invest \$1 million in Canadian energy companies if Rachel Notley steps down as premier of Alberta. THE CANADIAN PRESS

Montana considers sending grouse to Alberta

The Montana Fish and Wildlife Commission will vote on a recommendation by the state Fish, Wildlife and Parks agency to send 40 greater sage grouse to Alberta this year, followed by 40 more in 2018 and 2020. Canadian officials requested the relocation to aid in the recovery of its population, which is at about 120 of the chicken-sized birds. A previous relocation was done in 2011 and 2012. Only two nests resulted in hatchlings. THE ASSOCIATED PRESS



CSAP, INSCRIPTIONS - MATERNELLE pour septembre 2016

dans toutes les écoles du CSAP

L'école acadienne, c'est :

GRADE PRIMARY REGISTRATION for September 2016 in all CSAP schools

An Acadian school offers :

Une éducation de qualité en français langue première.	1	A quality education in French as a first language.
La possibilité d'acquérir une excellente maîtrise du français et de l'anglais.	1	A possibility of acquiring an excellent mastery of French and English.
Un choix de cours optionnels d'excellente qualité.	1	A choice of excellent quality optional courses.
Des laboratoires d' informatique et de sciences à la fine pointe de la technologie.	1	State of the art information technology and science laboratories.
Un milieu d'apprentissage dynamique où la langue et la culture sont valorisées.	1	A dynamic learning environment where language and culture are highly valued.
Un atout supplémentaire au moment de s'inscrire dans une institution postsecondaire.	1	An additional asset when registering in a post secondary institution.

- École Beaubassin, 54, boulevard Larry-Uteck, Bedford 902-457-6810
- École Bois-Joli, 211, avenue du Portage, Dartmouth 902-433-7070
- École des Beaux-Marais, 5261 Route 7, Porters Lake 902-827-4623
- École du Grand-Portage, 100, promenade Stokil, Lower Sackville 902-864-6242
- Grandir en français : voir les directions du Petit Voilier de votre région.

Pour être admissible à la maternelle l'enfant doit avoir atteint l'âge de 5 ans au plus tard le 31 décembre 2016. Pour plus d'information sur les critères d'admission, prière de contacter

La maîtrise de nos **DEUX LANGUES OFFICIELLES** est certainement un atout! Venez nous rencontrer et vous constaterez LES AVANTAGES de faire éduquer votre enfant dans la langue française. Notre PERSONNEL QUALIFIÉ vous attend le mardi 19 janvier 2016 à 19 h. Présentez-vous à l'école du CSAP la plus près de chez vous pour inscrire votre

Les parents, tuteurs ou tutrices qui désirent obtenir un acte de naissance de la province de la Nouvelle-Écosse peuvent obtenir un formulaire de demande en s'adressant au bureau de la

Children being registered at primary level must be 5 years of age on or before **December 31, 2016**. For more information on admission criteria, please contact your local

To master **BOTH OUR OFFICIAL LANGUAGES** is certainly a plus! Come meet with us and you will learn about **THE ADVANTAGES** of having your child educated in the French language. OUR QUALIFIED STAFF will welcome you on Tuesday, January 19, 2016, at 7 p.m. Please go to the CSAP school closest to your home to register your child.

Parents/Guardians who wish to obtain a Province of Nova Scotia birth certificate may obtain an application form at the school's administration office.

1-888-533-2727



Buy one hearing aid, Get one **FREE***

Select models of hearing aids.

Book your FREE consultation today. Space is limited!

*Limited quantities available. See clinic for details.



Dartmouth 114 Woodlawn Road Halifax Suite 100, 7105 Chebucto Road Fall River Suite 203, 3301 Highway #2 Hammonds Plains 2120 Hammonds Plains Road

Cole Crouse BC-HIS, Owner



1-877-390-3888 • provincialhearing.ca









Balbir Atwal, owner of the California 7-Eleven that sold one of the three winning Powerball tickets, holds up a \$1-million cheque from the California State Lottery. RINGO CHIU/GETTY IMAGES

Powerball jackpot shared three ways

U.S. LOTTERY

Winners of record payout have yet to come forward

An unprecedented \$1.6-billion Powerball jackpot that became a national fascination will be split three ways, by mystery winners in Florida, Tennessee and California.

The winners did not immediately identify themselves Thursday, but they bought their tickets in Munford, a town of about 6,000 in Tennessee; the modest Los Angeles suburb of Chino Hills; and at a supermarket in Melbourne Beach, Fla., where residents of a nearby housing development were heard partying loudly after Wednesday night's drawing.

Spain's massively popular Christmas lottery, known as "El Gordo," is ranked as the world's richest, though it doles out millions of prizes rather than one large jackpot like the Powerball.

The winners of the worldrecord jackpot overcame odds of 1 in 292.2 million to land on all the numbers: 4-8-19-27-34 and Powerball 10. They can let the jackpot be invested and thereby collect 30 annual payments totalling an estimated \$533 million, or split \$983.5 million in cash all at once.

The huge draw also produced eight \$2-million Power Play winners and 73 \$1-million winners nationwide, who matched all five white balls but missed the red Powerball, said Sally Lunsford of the Kansas Lottery.

will be split by

Tennessee and California.

Florida.

The California ticket was sold at a 7-Eleven; the Florida ticket at a Publix grocery store. Tennessee officials did not immediately say which of the three Munford stores offering Powerball tickets

That store will get a \$25,000 cheque under state rules. Florida's store collects \$100,000. In California, a \$1-million bonus will be shared between the Chino Hills store owner and the 7-Eleven company.

TV trucks from Memphis quickly arrived in Munford, where people marvelled over the winning ticket and joked about what they would have done with the money.

In Melbourne Beach, neighbours surmised the winner might be someone in a housing development several miles from the Publix where loud

partying could be heard, according to Lisa Londini, a professional caregiver who was shopping at the market Thursday.

"The winner could be as close as your neighbours!" she said, visibly excited. "I wish it was me!" THE ASSOCIATED PRESS

Refugee bus rerouted to Merkel

A bus carrying 31 Syrian refugees arrived in Berlin from southern Germany on Thursday night as a district councillor in Bavaria followed up on his pledge to Chancellor Angela Merkel that he'd send refugees her way if his district could no longer provide accommodation.

The act came amid ongoing

concern about how Germany will deal with 1.1 million asylum-seekers that flooded in last year. Peter Dreier, a Landshut councillor, said he wanted to "send a sign that refugee policy cannot continue like this."

Dreier said he had talked with Merkel on the phone last year, warning her that Landshut was reaching its capacity and that he'd put refugees on buses to Berlin if his district could no longer handle the influx.

Merkel's spokesman Steffen Seibert said in a statement that the city of Berlin had agreed to offer accommodation for the refugees for their first night in Berlin. THE ASSOCIATED PRESS



These people were among refugees bused from Bavaria to Berlin. AFP/GETTY IMAGES

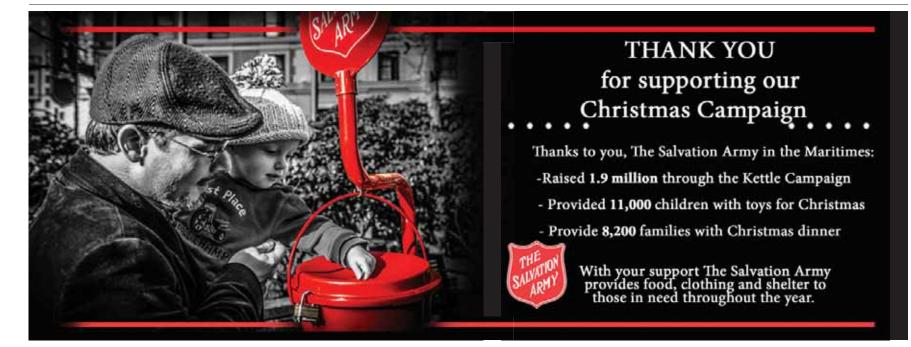
🛑 IN BRIEF

Ebola death in Africa after WHO said epidemic over

According to reports, hours after the World Health Organization declared Thursday an end to the deadliest Ebola outbreak ever, the disease was confirmed to have killed one person in Sierra Leone, METRO, WITH FILES FROM

Turkey attack ISIL positions

Turkish tanks and artillery attacked ISIL positions in Iraq and Syria Thursday, in retaliation for the suicide bombing in Istanbul which killed 10 tourists, PM Ahmet Davutoglu said. Close to 200 extremists were declared "rendered ineffect-



7 killed in Jakarta attacks Canadian man dead

INDONESIA

ISIL claims bombing of Starbucks, shootings

A bustling shopping area was shaken by the blasts of suicide bombers and gunfire as onlookers fled in terror.

But when Thursday's assault in central Jakarta was over, the death toll was far lower. Of the seven killed, five were the attackers themselves and only two were civilians - a Canadian and an Indonesian. Another 20 people were wounded.

Still, authorities and analysts believe the violence that left the city of 10 million on edge for hours was a loud announcement of the Islamic State of Iraq and the Levant (ISIL)'s presence in the world's largest Muslim-majority nation.

Supporters of ISIL circulated a claim of responsibility on social media resembling the militants' previous messages.

The attackers carried handguns, grenades and homemade bombs and struck a Starbucks cafe and a traffic police booth in the Indonesian capital's highest-profile attack in six

Authorities said they found a large, undetonated bomb and five smaller devices in a building near the cafe.

So we think ... their plan was to attack people and follow it up with a larger explosion when more people gathered," said Maj. Gen. Anton Charliyan, the spokesman of Indonesia's national police. "But thank God it didn't happen.

Jakarta police chief Maj. Gen. Tito Karnavian said the attackers had links to ISIL and were part of a group led by Bahrum Naim, an Indonesian militant who is now in Syria.

"We have identified all attackers," Charliyan said. "We can say that the attackers were affiliated with the ISIS group," he added, using another popular acronym for the group.

The claim was shared on Twitter late Thursday, and the U.S.-based SITE Intelligence Group said it also was circulated among pro-ISIL groups on other media.

The message said attackers carried out the Jakarta assault and had planted several bombs with timers. It differed from Indonesian police on the number of attackers, saying there were four. It said they wore suicide belts and carried

light weaponry.

1 A bouquet of flowers is placed in front

Starbucks cafe where an attack took place

of the explosion site on Thursday. 2 The

displays the message "Pray for Jakarta. 3 Indonesian servicemen stand guard as

police collect evidence from the site.

Taufik Ândri, a terrorist analyst, said although the attack ended swiftly and badly for the attackers, their aim was to show their presence and ability.

Their main aim was just to give impression that ISIS' supporters here are able to do : what was done in Paris," he said. THE ASSOCIATED PRESS

TERRORISM

A Canadian man was killed in Indonesia's capital Thursday when gunmen launched a series of co-ordinated attacks police said were linked to the Islamic State of Iraq and the Levant.

Jakarta police chief Maj.-Gen. Tito Karnavian told a news conference that the first attack — a suicide bombing — happened at a Starbucks, causing customers to run outside, where two gunmen opened fire, killing the Canadian and wounding a bystander.

Two other suicide bombers attacked a nearby traffic police booth, killing themselves and an Indonesian man.

Shortly after, Karnavian said, a group of policemen was attacked by two remaining gunmen, using homemade bombs. This led to a 15-minute gunfight, he said.

All five gunmen were killed and 20 people were wounded in the attacks, police said.

Canadian Prime Minister Justin Trudeau said Ottawa was working with Indonesian authorities to confirm the reports of a Canadian killed in the attacks.

'The hearts of Canada and Canadians go out to the people of Indonesia and all the families and victims of these terrible attacks," he said. THE CANADIAN PRESS

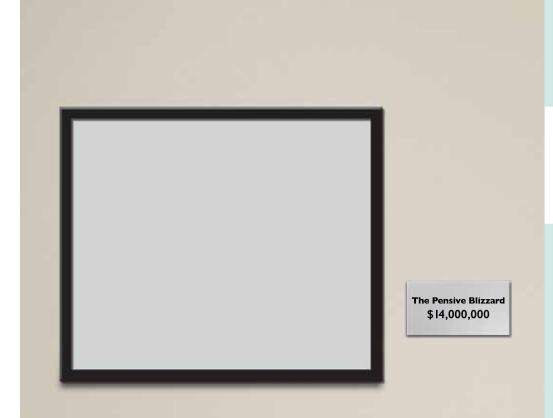








There was gunfire between police officers and two gunmen, ... and suddenly the two blew themselves up. Guruh Purwanto, witness



Creativity is subjective. The truth isn't.

Truth in Advertising Matters.



Advertising Standards Canada adstandards.com/psa

Users won't get away with murder: Netflix

STREAMING VIDEO

Company vows to shut down use of proxy services

Netflix says it's planning on cracking down on users who use virtual private networks and proxy services to view content not available in their countries.

Many of the company's distribution deals with major studios and content providers are negotiated on a regional basis, meaning certain titles are only available to users in certain countries.

Some Canadians use VPN services to stream Netflix movies and TV shows available in the United States, which according to the website Netflixable has around twice as many available titles. The U.S. version of Netflix also features more Hollywood blockbusters and recent seasons

of popular network shows than its Canadian counterpart.

In a blog post, David Fullagar, Netflix's vice-president of content delivery, said the company is making progress in licensing content across borders, but is now implementing new measures to end the use of so-called unblockers and other proxy services.

The company has always been against the use of such services and has said it takes measures to shut them down, but Fullagar said the company is "evolving" its approach to the problem and the new strategy will be in place in the coming weeks.

According to a April 2015 report by Media Technology Monitor, roughly two in five **English-speaking Canadians** has a subscription to the videostreaming service, with nearly one-third saying they had accessed the American version of the service.

THE CANADIAN PRESS



One-third of Canadian subscribers admit using unblockers to access the American version of Netflix. ISTOCK/GETTY IMAGES

Economists predict rate cut next week

Canada's key

overnight rate.

A growing number of economists predict the Bank of Canada will cut interest rates next week in response to the

economic hit from slumping oil prices.

The move should lead to lower borrowing costs for consumers and businesses, which could boost spending and put further pressure on a falling Canadian dol-

lar. That, in turn, could help boost exports.

However, economists also cautioned that after eight years

cut could have mixed results. They said the price of houses in overheated markets like Toronto and Vancou-

of record low rates, a further

ver could potentially be boosted, while only modestly helping drive exports.

The Bank of

Montreal and Canadian Imperial Bank of Commerce are the latest to join a

chorus of forecasters predicting a quarter-point cut in the central bank rate on Jan. 20. TORSTAR NEWS SERVICE



DOLLAR 69.63¢ (-0.08¢)





NATURAL GAS: \$2.139 US (-13¢) **DOW JONES:** 16,379.05 (+227.64)



🛑 IN BRIEF

Wikipedia gets another source of cash

Wikipedia is getting additional money as it turns 15 on Friday. A new endowment created for it will start with \$1 million US donated by Jim Pacha, a software engineer who died in 2014, with a goal of \$100 million by 2026. THE ASSOCIATED PRESS

HOLD ON TO YOUR TOQUE. **REMAINING 2015 MODELS** SCHEDULED MAINTENANCE IS ON US FOR 3 YEARS / 50,000 KM WHICH INCLUDES: ** MINI 3 DOOR **FREE BRAKE FLUID CHANGES** FREE ENGINE OIL CHANGES FREE MICRO FILTER REPLACEMENTS

MINI HALIFAX

3240 Kempt Road Halifax, Nova Scotia 83K 4X1 902-454-8000 www.minihalifay.ca



e not exactly as shown. Features and equipment may vary in Canada. Model shown is a 2016 MINI Cooper 3 door with 6-speed manual transmission IBMSIP \$11,4900. "Starting MSRP of \$71,4900 is baled on a 2016 MINI Cooper 3 door with 6-speed manual transmission and some consisting was a second on the process of the contract of the contrac

METAVIEWS

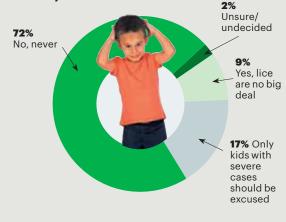
Your essential daily news

WEEKEND, JANUARY 15-17, 2016

The facts of lice

School boards across the country, on the advice of the Canadian Paediatric Society, are revoking the rule that children with head lice must stay home from school. A few creepy crawlies — which cause only mild itching and don't spread disease — are no reason to interrupt kids' education, the society says. Head lice don't spread disease (just embarrassment and anxiety) and many kids who are found to have nits don't actually have lice, leading to a lot of unnecessary absences. So why the uproar about letting lousy kids in the classroom? We asked our readers.

1 Should children be allowed to attend school if they have lice?



Visit metronews.ca to have your say.

2 Have your children or anyone in your family ever had to deal with lice?



3 If you are OK with kids who have lice attending school, why?

66% I'm not okay with that!
11% Sending kids with lice home is stigmatizing
11% Lice are not worth interrupting education over
4% You can't keep ahead of lice, no point in trying
4% Lice is not that big a deal
5% Other

It's more embarrassing for children to attend school with lice than stay home until they are treated.

The problem was neverending when my four children were small.
It's not a disease, it's an everyday issue.

A 24-hour rule is enough as long as the parent does their part.

Between the shampoo and the coin laundry, lice end up costing hundreds of dollars to get rid of.

WE ASKED Metro readers

Time to crack up the myth of mid-life crisis



Genna Buck Metro | Toronto

Watch out for that mid-life crisis. Dad will fall into a deep depression and climb out with a shiny motorcycle and a halfhis-age girlfriend to match.

Until recently, that idea was both accepted science and conventional wisdom.

But a new study — the first to follow Canadian adults' happiness over a long period of time — tells a different story.

The paper, in the journal Developmental Psychology, throws cold water on the notion of a mid-life crisis. Put scientifically, it challenges the theory that happiness (the measure of how satisfied people report they are with their lives overall) follows a U-shaped curve throughout life (carefree youth, miserable middle age, happy old age).

The researchers used two

Canadian data sets, representing about 1,600 people. One followed a group from age 23 to 37 and asked them periodically about happiness — and each time, they reported feeling happier on average. The set looked at a different group from age 18 until 43. They said they were happier from their teens to 30s, with just a very slight drop at 43.

"We can't read too much into that," said Nancy Galambos, the lead author and a professor of psychology at the University of Alberta. "Even with that slight dip, they were much happier at age 43 than they were, on average, at age 18 or in their early 20s."

Because this was a longitudinal study (it followed the same people over time), I'm apt to trust it over past "snapshot"-style studies that surveyed people of different ages and concluded happiness dips in mid-life.

That method is flawed,

Galambos says. We don't know how today's teenagers will feel in their 40s. Asking today's 40-year-olds won't get us closer to the answer. And one-off studies often reflect ups and downs, not trends. Immediate circumstances (work stress, kids stress, etc.), at the time a person is answering a survey can throw off the results.

So why does life look up as we get older? Stability. Being young is stressful and uncertain. Gainful employment tends to make people happier, and that comes with time, Galambos said. The same is true of being married, so it's not surprising that younger adults — who have left the nest, but have yet to form their own families - tend to be unhappy. As we age, we get better at regulating our emotions, the study says. In layman's terms, we wise up.

But the mid-life crisis thing is largely baloney. "There are crises across the lifespan. Some of them happen in mid-life," Galambos said, but "People really believe in the mid-life crisis. People count on one." And that's a problem, because middle-aged people may assume the inevitable crisis has hit when what's really going on is a mental health issue.

Bottom line: Most of the people studied became happier over time. And that's a nice thought. Flailing Millennials can look forward to settling down. Middle-aged folks can stop waking up every morning and wondering if the time has yet arrived to crack up. And if you're elderly, there's more good news: The literature pretty clearly shows we continue to get happier as we age. Perhaps you could devote part of your twilight years to helping the rest of us calm down.

Genna Buck is a science writer and a section editor at Metro. Follow her on Twitter @genna buck.

ROSEMARY WESTWOOD

metroview

They's the word of the year, and for good reason

It's award season, and "they" won

The American Dialect Society, which hosts what it considers the premiere word-of-the-year event, voted "they" as the winner for 2015 — particularly, "they" in the form of a third-person singular pronoun to refer to gendernonconforming people.

They're right, of course.

As are the many like-minded others (including the Washington Post). It should be used. Both because reality necessitates a common pronoun that can be applied to people who are not he or she, and also because every person deserves to be referred to accurately and respectfully.

curately and respectfully.

As a writer, however, "they" has been hard to swallow.

For a least the last few years, and especially when writing about trans issues, I've had sources ask to be referred to as "they." I never denied that request. But I never completely acquiesced.

Instead, I avoided pronouns altogether, and wrote around the problem.

"They" has long been used in a way (e.g., "Everybody loves their mom" instead "Everybody loves his or her mom") that bothers no one who isn't a hardline grammarian. Shakespeare, Jane Austen, you and me — we're all fine with it.

But some uses of "they" sound off-kilter to me. To wit:

"Susie loves her mother, and they loves their father too."

Or, more likely to arise in my work, "'I love my mother," Susie said. And their father, they added."

Clunky, no? Jarring, too. Like walking off the sidewalk curb without expecting to.

It's all English's fault. Other languages have gender-neutral pronouns; their speakers haven't spent years concocting stand-ins with no consensus. Among the offerings over the years: "ne," "e," "thon" or "jee." Some universities, including Harvard, let students self-identify on registration forms as "ze," "e," or "they."

Bill Walsh, a copy editor at the Washington Post and keeper of the paper's style guide, called "they" "the only sensible solution to English's lack of a gender-neutral thirdperson singular personal pronoun." Increasingly, there is a consensus around "they," and we should be grateful. It is much, much better than "ze."

I'd even argue it's a win for so-called prescriptivists those who prize the rules of language, as opposed to the fluidity of its usage.

If "they" becomes the agreed-upon pronoun for those who are not hes and shes, then we have a new and very useful rule.

And as someone who's often found rules comforting, this, too, is welcome.

Elegance will have to wait.

PHILOSOPHER CAT



John Cruickshank

VICE PRESIDENT & EDITOR

Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER METRO EASTERN CANADA Greg Lutes

MANAGING EDITOR HALIFAX
Philip Croucher

ADVERTISER INQUIRIES
adinfohalifax@metronews.ca
General phone 902-444-4444
FREE TO SHARE



Philosopher cat now at www.mymetrostore.ca

4444
Philosopher cat now at

Your essential daily news

MOVIES MUSIC TELEVISION DIGITAL

Acting tough under pressure

13 Hours' Pablo Schreiber on working with Michael Bay

Richard Crouse For Metro Canada

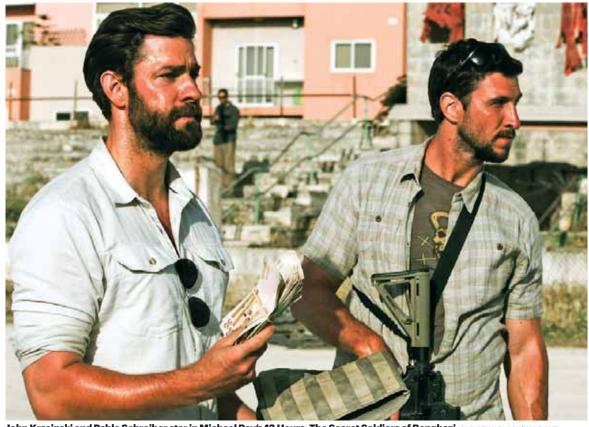
Making a war movie is hard work, with long hours and tough conditions. According to 13 Hours: The Secret Soldiers of Benghazi star Pablo Schrei-

ber, making a war movie with

Michael Bay is extra difficult. Everyone who has worked with Michael Bay has told me the set can be a challenging place to work," he says of the Transformers director. "I got all these stories to prepare but ultimately nothing anybody says can prepare you for that experience. He works faster than any director working. We do about 75 set-ups a day, which is massive especially when each of them is like its own action sequence. It's an insane amount of work. He demands a lot from you. It's very necessary that you come prepared, that you are ready to perform any piece of the movie at any given time."

The Canadian born actor and winner of the We Love to Hate You Award at the 2014 Young Hollywood Awards for his work as George "Pornstache" Mendez on Orange Is the New Black, says Bay took him by surprise during the 2015 shoot in Malta.

"There's a scene at the end



John Krasinski and Pablo Schreiber star in Michael Bay's 13 Hours: The Secret Soldiers of Benghazi. CHRISTIAN BLACK/HANDOUT

where a convoy is rolling in and we don't know if they are friendly or bad," he says, "and it is one of the emotional peaks of the movie. For me it was a scene I had checked off as an actor as one I had to be ready and prepared for. Then he shot it a week before we were supposed to shoot it. I had about five minutes to prepare. He said, 'Let's go on the roof and get that last sequence.' He started setting up cranes. To be ready at any moment for whatever he's going to throw at you is very important. As actors, all six of us ended leaving there feeling like if we had gotten through that experience we could deal with anything."

When I ask if the chaotic set conditions were Bay's way of notso-subtly exposing his actors to the same kind of unpredictable situations their characters were dealing with, he laughed.

"I'm not sure how much forethought was put into that vibe, but it was definitely effective and it works. As actors we were constantly disoriented and didn't quite know where we were and didn't know where we were going to be on any given day."

Schreiber plays Kris "Tanto"

MOVIE RATINGSby Richard Crouse

13 Hours: The Secret Soldiers of Benghazi ★★★

Ride Along 2 ★★★

Norm of the North ★

HOW RATING WORKS

SEE IT WORTHWHILE UP TO YOU SKIP IT

Paronto, a former U.S. Army Ranger who was one of six CIÁ security contractors working in Benghazi, Libya on September 11, 2012, when well-armed Libyan militants — using weapons pilfered from former Prime Minister Muammar Gaddafi's abandoned arsenals - invaded the American embassy. Their attempt to rescue ambassador J. Christopher Stevens and Foreign Service Information officer Sean Smith led to a harrowing thirteen-hour battle.

The 37-year-old actor met Tanto and says he felt a great responsibility in playing a real person who was on set and would eventually see the film but adds that director Bay tried to keep show the humanity of the story's heroes.

"Michael Bay made this movie and he normally make these big extravaganzas but this is not a superhero movie," he says. "This is a movie about very, very real human beings who behaved extraordinarily under the most difficult circumstances.'

MAKE YOUR RESOLUTIONS A REALITY AT DALPLEX! JOIN TODAY FOR AS LITTLE AS \$29.50* A MONTH

NO ADMIN FEES & NO FEES TO JOIN!

- Add on a spouse/partner or dependant child for only \$15/month
- · Add on towel service for only \$5/month
- More Member Appreciation activities, contests and prizes

*Some conditions apply. Visit us online for details.



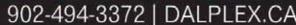




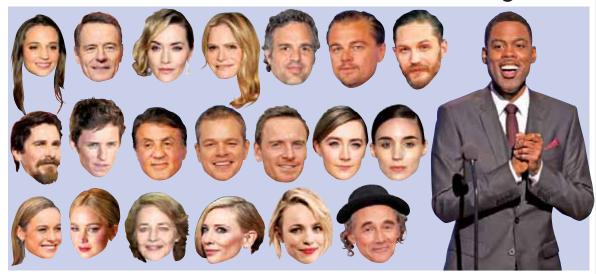








Oscar stuns with lack of diversity



Many hope host Chris Rock takes the Academy to task for lack of diversity among nominees. TORSTAR NEWS SERVICE/GETTY IMAGES

NOMINEES

No actors of colour get nods

As the dust begins to settle after the 2016 announcement, many fans' early-morning enthusiasm quickly turned to disappointment after not a single black actor was nominated. Actors of colour did not make it to the 20 award slots available in the best actor, best actress, best supporting actor and best supporting actress categories.

For the second year in a row, fans used the #OscarsSoWhite hashtag to voice their frustrations. "And the #Oscar goes to... somebody white. #OscarNoms," Twitter user Jamar Hooks wrote.

"The #Oscars this year looking a lot like a Trump rally. All White," Michael Skolnik commented.

Darnell Hunt is a sociology professor at the University of California, Los Angeles, and the director of the Ralph J. Bunche Center for African American Studies, which releases a Hollywood Diversity Report annually. He said he was hardly surprised that actors of colour were left out of the Oscar nominations. The snubs, he said, reflect a lack of diversity within the Academy of Motion Picture Arts & Sciences, which votes for the awards.

"Unfortunately, the nominations kind of reflect the state of the industry as it relates to diversity. We're talking about an Academy that's 93 per cent white, 76 per cent male, and average age 63," Hunt told Torstar News Service in a telephone interview Thursday.

This year's Oscars host is Chris Rock, who has regularly brought issues of racism and discrimination into his comedy. Rock did not comment on the #OscarsSoWhite criticism Thursday. Many said they hoped Rock would use his opening monologue to hold the Academy accountable.

Fans on social media wanted Idris Elba to be nominated for his role as an African warlord in Beasts of No Nation, for which he received BAFTA, SAG-AFTRA and Golden Globe nods.

Many were also upset at snubs of Will Smith for his part in Concussion and Michael B. Jordan, who starred in Creed, and that Puerto Rico-born Benicio Del Torro was also left out for his part in Sicario.

While NWA biopic Straight Outta Compton was nominated for best original screenplay — after being left out of the Golden Globes nominations — many on social media were quick to point out that the nominated screenwriters were actually white.

Hunt said awards like the Oscars set the standards for what the industry views as great films, and that in turn shapes "future decisions that are made about what projects will be green-lit, with what budgets, (and) with what stars.

"We're reproducing the same old exclusionary industry by only recognizing certain types of projects and that's a huge problem," he said.

A study last year at the University of Southern California found that film characters are still overwhelmingly white. Of the top 100 films in 2014, 73.1 per cent of characters were white. Black characters accounted for only 12.5 per cent of the ones on screen, compared to only 5.3 per cent for Asian and 4.9 per cent Hispanic characters.

Hunt said the industry needs to be restructured to better reflect the diversity of U.S. society. That means diversifying membership in the Academy and among studio executives, as well as what roles are being offered to black and other minority actors.

ocarsSoWhite criticism Thurs- and that in tur

Canucks unapologetic about nods

Montreal producer Pierre
Even had a snappy response whenever anyone predicted he
would see Academy
Award nominations
for Brooklyn. "Noth-

Award nominations
for Brooklyn. "Nothing's for sure!" Even
would say.
But Even and MarieClaude Poulin, co-producers

Claude Poulin, co-producers on the film, were celebrating Oscar nominations Thursday morning for best picture, best actress (Saoirse Ronan) and best adapted screenplay (Nick Hornby). Brooklyn is a Canada-U.K.-Ireland co-production, in which Montreal stood in for Brooklyn during shooting. "Best picture is something

"Best picture is something else," Even said in a phone interview after watching a live stream of the Oscar nominations this morning. "I guess it means that people would return our phone calls now — I'm joking."

Also in the running for best

Also in the running for best picture is Room, a Canada-Ireland co-production shot largely in Toronto and based on Emma Donoghue's novel of the same name. Donoghue was elated by her nomination in the best adapted screenplay category.

Other Canadians named during the ceremony in Beverly Hills, Calif. included Rachel McAdams, who was nominated for best supporting actress in Spotlight.

The Weeknd was nominated for best original song for Earned It from the film Fifty Shades of Grey. Several other Canadians were nominated for their work on The Revenant, which picked up a leading 12 nominations.

5 WAYS THE MOB RULED THE '90S

Mob movies were everywhere in the 1990s. Throughout the decade, the genre went deeper and darker, with unforgettable characters and a believably ruthless underworld. Here are five reasons why '90s mob movies bury the rest:

1. Real low-lifes. Forget the overcooked buffet

of Italian mob-boss movies from the '70s. The best gangster films of the '90s were fresh, chilling and based on real people. Donnie Brasco (1997) is based on the true story of an FBI agent who infiltrates a crime family from the ground up. In GoodFellas (1990), Ray Liotta plays the real-life Henry Hill, a street-smart kid who rises up the ranks before ratting on his mob family and disappearing into witness protection. No meeting of the five families here.

2. Joe Pesci. Who knew that a walking grenade could be so hilarious? With his characters — from Tommy DeVito in GoodFellas to Nicky Santoro in Casino — the pint-size Pesci keeps his friends, enemies and viewers on edge (and in stitches). No one is more dangerous. Or more funny.



3. Priceless lines. Movie dialogue in the '90s was an art, especially in gangster films. Some of these quotes were pearls of mobster wisdom, others are lines we still say today. Here's a snippet:

"Stuff that was stolen always tasted better than anything bought."
—Henry Hill (Ray Liotta). GoodFellas (1990)

"Fuhgetaboutit."

-Lefty Ruggiero (Al Pacino), Donnie Brasco (1997)

"Running a casino is like robbing a bank with no cops around."

-Ace Rothstein (Robert Deniro), Casino (1995)

"I'm funny how? Like a clown? I amuse you?"

—Tommy DeVito (Joe Pesci), GoodFellas

4. The return of Al Pacino. He broke out in the 1970s as Michael Corleone in The Godfather. But after playing just one gangster in the '80s (albeit in Scarface), he crushes the '90s with an expanded repertoire, showing that he could convincingly play any level of mobster — even the famously over-trusting 'mutt' in Donnie Brasco.

5. Martin Scorsese's realism. Brimming with real-life gangster stories from his hometown of New York City, Scorsese deep-sixed his competition with one brutally entertaining movie after another. "When I saw it on the streets, I said that's how it should be on film," he said of his 1990 classic GoodFellas. Without Scorsese, there's no Quentin Tarantino or Guy Ritchie.

Feeling like a gangster? Watch these mob masterpieces, and other '90s classics, on the Hollywood Suite 90s Movies channel. Hollywood Suite takes you back to the '70s, '80s, '90s and 2000s with hundreds of movies on 4 HDTV Channels, Hollywood Suite On Demand and the Hollywood Suite GO app. Subscribe today and get 50% off the regular price of \$6 or less per month*. Visit hollywoodsuite.ca.

*Offers and pricing varies depending on TV Service Provider. Contact your TV provider today for details.

HOLLYWOODSUITE













THE TV DINNER JESSICA ALLEN

INTERNATIONAL MAN OF MISERY

FRONT ROW TICKETS AND

REAL JUST FOR LAUGHS COMEDY FESTIVAL THE WORLD'S LARGEST AND MOST PRESTIGIOUS COMEDY FESTIVAL

GO TO WWW.METRONEWS.CA/CONTESTS TO ENTER TODAY!

You could win a pair of front row tickets to the Jeremy Hotz International Man of Misery show presented by Just For Laughs at the Rebecca Cohn Auditorium on February 6!

GRAND PRIZE

a trip for two to the 2016 Montreal Just For Laughs Comedy Festival. including return first-class train tickets, courtesy of VIA Rail Canada, a 3-night stay at the Delta Montréal Hotel and tickets to a variety of Festival comedy shows!







FEB. 6 | 7:00 & 9:30 PM | REBECCA COHN AUDITORIUM

TICKETS AVAILABLE AT DALHOUSIE ARTS CENTRE BOX OFFICE 902-494-3820 OR 1-800-874-1669 | ARTSCENTRE.DAL.CA

No purchase necessary. One entry per person, per day. Contest open to residents of the provinces of Nova Scotia, Ontario, Manitoba, Alberta and British Columbia, who have attained the age of majority in their province of residence at the start of the Contest Period. Odds of winning depend on the number of eligible entries received. There are two (2) pairs of front row tickets to Jeremy Hotz International Man of Misery in each market available to be won; as well as there is one (1) Grand Prize of a trip for two to the 2016 Montreal Just For Laughs Comedy Festival, which includes return two (2) first-class train tickets to Montreal (Business class in the Québec City-Windsor Corridor or Sleeper Plus class on long-haul trains), courtesy of VIA Rail Canada (departing from a major Canadian VIA Rail train station closest to the selected entrant's place of residence in Canada and returning to same departure station – transportation to and from VIA Rail train station not included), three (3) nights of hotel accommodations, courtesy of the Delta Montréal Hotel and tickets to Festival comedy shows. Approximate retail value of \$3,000 CDN (based upon departure from Vancouver, actual value may vary depending upon time and year of departure). Each selected entrant must correctly answer, unaided, a mathematical skill-testing question to be declared a winner. Contest Period opens at 12:01 am ET on January

14, 2016 and closes at 11:59 pm ET on February 1, 2016. To enter and for complete contest rules visit metronews.ca/contests

HAHAHA.COM/JEREMYHOTZ ♥ FACEBOOK.COM/JUSTFORLAUGHS | FACEBOOK.COM/JEREMYHOT.

✓ @JUSTFORLAUGHS | @JEREMYHOT.

18

During the run-up to Oscars (T-minus 44 days), I often feel like someone who did track in high school and suddenly finds themselves, 25 years later, about to run a marathon.

There's so much to watch, to get invested in, including heady dramas like Carol, Room and Spotlight. But the brain is flabby and unconditioned after several months of binge-watching Ladies of London (OMG have you seen this show?).

In order to properly train - and properly annoy one's friends at an Oscar-viewing party - one needs to have a command of the slew of less consequential awards that have already been handed out. Spotlight took home top honours at the Gotham Awards, for example, but the New York Film Critics Circle gave that to Carol. Meanwhile, Golden Globes went to The Revenant and The Martian for best drama and comedy respectively. And just to keep things really interesting, the National Board of Review deemed Mad Max: Fury Road the best film of 2016. But the Producers Guild Awards, on Jan. 23, are usually considered more useful in predicting what film will take home the 13-and-a-halfinch-tall Big One. And they didn't even nominate Room, which the Academy did on Thursday, but they did include Sicario, Straight Outta Compton, and Ex Machina, which the Academy didn't. Both shut out Carol.

Enough ink gets spilled

To properly annoy one's friends at an **Oscar-viewing party,** one needs to have a command of the slew of less consequential awards

THE GOLDEN GLOBE BOY: Leonardo DiCaprio



THE MEAL: Pasta and Leek Bake



in the warm-up that you'll be huffing and puffing come Feb. 28. Films take out ads in newspapers begging to be considered. Critics make predictions, which often include several titles you've never even heard of. For some, like The Hollywood Reporters' Scott Feinberg, Oscar watch is a full-time job, literally. For me, it just means I can't rewatch Step Brothers, written and directed by Adam McKay, because I feel like it. I should be watching his Oscar-nominated film The Big Short.

Or can I? Simon recently interrupted our Sunday morning quiet time, where we divide up the New York Times and sit with silence and coffee — to inform me that A.O. Scott considers Step Brothers to be "a bona fide masterpiece."

We nodded, smug in the knowledge that we share a minority opinion with the paper's chief film critic. I bet we watch the comedy three times a year and always, without protest from either party, stop and rewind to a

particularly magical bit of movie-making: "Do you like guacamole?" John C. Reilly asks. "Yes!" asserts Will Ferrell, just before Reilly crushes him after he leaps onto the top bunk of the beds they've constructed together.

And much like Oscar buzz isn't something you'd expect from a film by the same guy who wrote and directed Anchorman, I made something completely new for dinner - and from a new cookbook to boot: the pasta and leek bake from Simply Nigella. It required making a roux, which seems as easy as Meryl Streep doing an accent, but I can count on one hand the number of times I've prepared it successfully. That includes this attempt, which we enjoyed seconds of while pausing Step Brothers on all our favourite parts.

Dinner was a real winner, which no one could've pre-

Jessica Allen is the digital correspondent on CTV's

FILM BRIEF

Mullally lands role in new Franco, Cranston film

Megan Mullally is set to star opposite James Franco and Bryan Cranston in the upcoming movie Why Him.

The film tells the story of a Midwestern father, Ned (played by Cranston), who discovers that his college student daughter is dating an Internet billionaire

(played by Franco), leading to competition between the two

Mullally, known for her roles as Karen Walker in Will & Grace and as Bev in 30 Rock, will play the part of Ned's wife Barb in the Fox comedy, Deadline reports.

Production on the movie is slated to begin in February this year. AFP



Goodbye, dear villain

Alan Rickman, of Harry Potter dies at age 69

British actor Alan Rickman, a classically-trained stage star and sensual screen villain in the Harry Potter saga and other films, has died. He was 69.

Rickman's family said Thursday that the actor had died after a battle with cancer.

Trained at the prestigious Royal Academy of Dramatic Art, Rickman was often cast as the bad guy; with his rich, languid voice he could invest evil with wicked, irresistible relish.

His breakout role was as scheming French aristocrat the Vicomte de Valmont in an acclaimed 1985 Royal Shakespeare Company production of Christopher Hampton's Les Liaisons Dangereuses. Film roles included the psychopathic villain Hans Gruber in Die Hard in 1988; a deceased lover who consoles his bereaved partner in 1990's Truly Madly Deeply; the wicked



Rickman is perhaps best known for his role as Professor Snape in Harry Potter.

Sheriff of Nottingham in Robin Hood: Prince of Thieves in 1991; and a wayward husband in 2003 romantic comedy Love Actually.

Millions know him from the Potter films, in which he played the portions and defence against the dark arts teacher Severus Snape, who was either a nemesis or an ally — possibly both — to the titular teenage wizard.

He appeared frequently onstage, earning Tony Award nominations for Les Liaisons Dangereuses in 1987 and Noel Coward's Private Lives in 2002.

THE ASSOCIATED PRESS

IN BRIEF

Celine Dion's husband dies after cancer battle

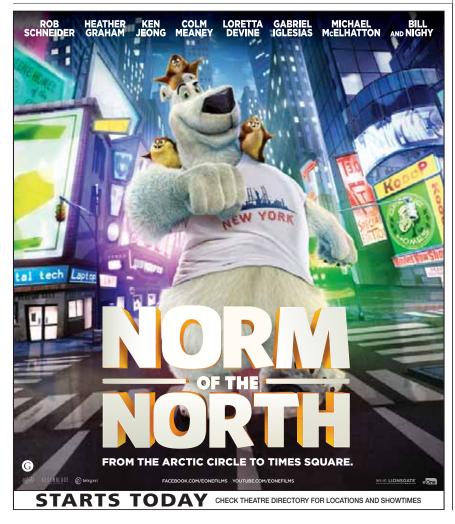
Rene Angelil, the entertainment maestro who guided Celine Dion to superstardom and then married her, has died, according to Francine Chaloult, a spokeswoman for Dion. He was 73.

Chaloult said Angelil died Thursday morning at his home in Las Vegas. Coroner John Fudenberg said in a statement that Angelil died of throat cancer and no further investigation into his death was expected.

Angelil had been battling a recurrence of throat cancer since initially undergoing surgery for the condition in April 1999. He had to undergo another operation in December 2013.

Angelil stepped back from the day-to-day management of his megastar wife's career in June 2014. He turned it over to longtime friend Aldo Giampaolo, a noted impresario himself in Quebec, but remained involved in key decisions.

THE CANADIAN PRESS





METERAVE

Your essential daily news

Raise a toast: Parks Canada to waive 2017 entrance fees as part of Canada's 150th



SCOTTSDALE

Active living is easy when the sun is shining

Vawn Himmelsbach For Metro Canada

Scottsdale, Ariz., isn't just for your grandparents — it's come into its own as a top adventure destination. In a single day, you can challenge your quads on a double-black-diamond hike, learn how to rope a calf at a dude ranch and sample your way along the local ale trail.

It still has a cowboy vibe (it was dubbed the West's most Western town in the 1950s), but this former farming community has transformed itself into a base for outdoor adven-

ture, along with a burgeoning culinary and craft beer scene.

Indeed, Scottsdale was named America's No. 2 foodie city in 2014 by Livability.com, thanks to its numerous farmers' markets and award-winning chefs—not to mention nearly 800 restaurants to choose from (don't miss dinner at FnB, where James Beard-nominated chef Charleen Badman whips up elevated vegetable creations, or an unbuckleyour-belt feast at Bryan's Black Mountain Barbeque with some of the best beef brisket in town).

Here's how to make the most of a trip to Scottsdale this win-

Hiking, biking and climbingThe city's most prominent landmark is Camelback Mountain, shaped like a camel lying down.

With its sheer red cliffs, this 75.8-acre park is a favourite

hiking and climbing spot for locals — its two summit trails are double-black-diamond hikes (in other words, not for beginners). It's worth waking up early and starting in the dark — you'll be rewarded with 360-degree views at the summit while you watch the sun rise over the Sonoran Desert.

The many parks and preserves in the area are ideal for hiking, mountain biking and rock climbing, particularly in the winter with temperatures averaging around 21 degrees C.

Craft beer

America's craft beer scene often brings Portland to mind, but Arizona is abuzz with microbreweries — and it's easy to experience what's on tap by walking, biking or taking the free trolley on Scottsdale's downtown ale trail. Don't miss Craft 64, with a rotating selection of 30 Arizona craft beers on tap such as the popular Four Peaks Kilt Lifter. And stop by Sip Coffee & Beer with 19 rotating craft beers on draft and coffee beans provided by local roaster Cartel Coffee Lab. Cartel also brews its own beers, including Coffee Brown, a nut-brown ale made with Cartel coffee beans.

Cowboy College

Scottsdale is home to luxury spas and high-end shopping, but here you can find a slice of the real west. So don't miss a chance to discover your inner cowboy and rope a calf (well, a roping dummy, anyway). The Four Seasons Resort Scottsdale at Troon North offers a Cowboy for a Day package at Arizona Cowboy College, where you'll learn the ropes of horse handling and cattle driving — no easy-peasy trail

rides and resort- s t y l e cookouts here.

Scottsdale campaign offers perks from partners keen on welcoming their neighbours from the north as the Canadian dollar

drops in value.

The desert

In Scottsdale, you're always a stone's throw from a Saguaro cactus. But this desert is one of the most bio-diverse on the planet.

Learn more about it at the Desert Botanical Garden, a living museum that features 50,000 desert plants from around the world, with trailside exhibits and art exhibitions. Or, go offroad and get muddy on a Cactus Canyon Adventure with Pink Adventure Tour (yep, in pink jeeps), where learning about flora and fauna is actually fun.

Where to stay

Sanctuary on Camelback Mountain is a luxurious retreat featuring newly renovated ultra-chic mountainside casitas.

Its renowned Sanctuary Spa features an Asian-inspired menu of services; plus, there's yoga, pilates and spinning, along with five tennis courts and an outdoor lap pool. Celebrity chef Beau MacMillan whips up farm-fresh American fare at elements, its fine dining restaurant.

Or, retreat to the AAA Five Diamond Four Seasons Resort Scottsdale at Troon North, with spacious casitas that open onto stunning desert scenery in the cooling foothills of Pinnacle Peak — plus, there's an awardwinning spa and possibly the best craft cocktails in town.







5

SAN FRAN CLASSICS TO UP YOUR FOOD GAME

San Francisco is a city that is serious about its food, and with the Super Bowl heading to nearby Santa Clara, the hungry hordes hankering for a taste of the local food scene won't be disappointed. Here's a guide to five foods and drinks San Francisco is famous for and where to find them. THE ASSOCIATED PRESS



↑ Crab

You can pick up a traditional crab cocktail at one of the many vendors lining **Fisherman's Wharf**. For a different take, try it roasted and served with garlic noodles at **Thanh Long** (4101 Judah St.). Like your crab crispy? Get it shelled, battered and deep-fried at the **R&G Lounge** in Chinatown (631 Kearny St.).





Anchor Brewing has a history that goes all the way back to 1849, when German brewer Gottlieb Brekle arrived with his family. You can get a first-person look at the brewery via tours available most days except holidays. The tours cost \$15 per person, take about 90 minutes and conclude with a tasting. Reservations are required; you can make them here: anchorbrewing.com/brewery/tours.





This is a fully caffeinated city with coffee shops on just about every block. Try **Ritual**, a pioneer in the craft caffeine movement. The flagship location is 1026 Valencia St. in the Mission District. **Blue Bottle**, which began across the bay in Oakland, has a spot in San Francisco's Ferry Building. And for a little extra kick, try the famous lrish Coffee at the **Buena Vista Cafe** in Fisherman's Wharf (2765 Hyde St.).





Oysters on the half shell are a longstanding San Francisco tradition. For an elegant take with a great view of the Bay Bridge try **Waterbar** (399 The Embarcadero). Starting Jan. 30 dinner will be accompanied by a free light show with the return of the Bay Lights, a display that flashes nightly on the west span of the bridge. Also on the waterfront, **Hog Island Oyster Bar** in the Ferry Building.

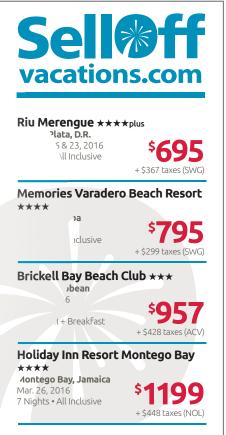




The region's tradition of sour-dough — bread leavened with a wild yeast starter or "mother" dough — dates back to the Gold Rush. **Boudin Bakery**, established in 1849 has a veritable shrine to sourdough at its Fisherman's Wharf location (160 Jefferson St). It includes a museum and demonstration bakery. Another good place to try this crusty creation is **Tartine Bakery** (600 Guerrero St.).



Halitax departures. Applicable for new bookings only. Instants avings—Save up to \$200 is a limited time offer for bookings made from January 11th to January 17th, 2016 with a minimum spend of \$495 per person (before taxes). *Offer valid for Atlantic Canada departures only. All prices are per person based on double occupancy for 7 nights on all inclusive vacations (unless otherwise specified). Seats at the above prices are limited and capacity controlled. All transportation taxes and related fees must be prepaid. Local taxes payable at the destination are extra (if applicable). Above offers are not combinable with any other promotion. Promotions are subject to change and can be withdrawn at any time without prior notice. In flight service varies according to flight times. For full terms and conditions visit SelloffVacations.com or call 1-877-SellOff (735-5633). While all reasonable efforts are taken to ensure the accuracy of the information in the ad, Sell-OffVacations.com accepts no responsibility for actions, errors and omissions arising from the reader's use of this information howsoever caused. SellOffVacations.com, a division of Sunwing Vacations inc., 27 Fasken Drive, Toronto, Ontario Canada M9W 1K6. TICO Req. # 4276176 British Columbia license #39606 Quebec Permit # 702928



Speak to a **travel expert** today!

902 423 9810 27 Logiealmond Close Dartmouth Crossing

902 543 1771 450 Lahave Street, Bridgev

902 893 3375 68 Robie Street, Truro

MELASPORTION OF THE PROPERTY O

Patrick Chan is adding a triple Axel to his long program, cranking up the difficulty in time for the Canadian championships in Halifax

Mooseheads cast off under new captain

QMJHL

Brassard earns shutout on day Ford named Herd skipper



Kristen Lipscombe Metro | Halifax

Halifax Mooseheads goaltender Eric Brassard and his teammates surely breathed a collective sigh of relief Thursday night.

In an evenly matched game that went scoreless until 44.4 seconds remained, the Herd sprang to life to edge the Quebec Remparts 2-0 in front of a thrilled home crowd of 6,203 at the Scotiabank Centre.

Brassard notched the shutout, an assist on forward Connor Moynihan's game-winning, power-play goal and made 31 saves. The performance was good enough for first-star honours, and against his former team, to boot

It was a hard-fought, well-deserved win for the Mooseheads, who shook off Tuesday night's 7-3 loss to the Acadie-Bathurst Titan, a game in which Brassard was pulled after allowing four goals in the first period.

"Last game was not my best game, so I wanted to bounce back right away," the 20-yearold Longueuil, Que., native said.

"It's a huge win for the team." Unlike Tuesday, the Herd cracked down on defence against the Remparts and played smarter from the crease on out.

Andrew Shewfelt sealed it on an empty-netter with 18.9



Mooseheads forward Connor Moynihan, left, celebrates his late third-period goal over the Quebec Remparts with teammates Jocktan Chainey and Otto Somppi on Thursday night at the Scotiabank Centre. JEFF HARPER/METRO



seconds left.

The Mooseheads are in 16th place, fighting for a QMJHL playoff berth.

Taylor Ford HALIFAX MOOSEHEADS

Herd captain Taylor Ford, who was officially given the "C" on

Thursday, agreed the Mooseheads stepped up for what was their last home game until Jan. 31.

"We knew we needed to compete today," the 18-year-old defenceman said.

"We knew we needed to work hard and out-battle them, and that's exactly what we did." Veteran forward Maxime Fortier, one of Halifax's two alternate captains, also assisted Moynihan's goal.

Veteran blue liner Zachary Taylor, a Halifax native who joined the Herd at the mid-season trade deadline, received the second "A."

But wearing a letter isn't what's important, Ford said.

"It doesn't really change anything," he said. "I'm still going to play the way I play; it doesn't change anything on the ice." Nevertheless, "it's an honour

Nevertheless, "it's an honour to be captain of such a great organization," Ford said,

"I couldn't keep the smile off my face," said the Lasalle, Que., native, who takes over

ROAD TRIP

The Halifax Mooseheads head out for six games on the road starting with a stop at the Saint John Sea Dogs on Saturday night.

the captaincy left vacant after Timo Meier was traded to Rouyn-Noranda last week.

The upbeat tunes blaring from the Herd locker-room created a much different atmosphere from the post game earlier in the week.

"All the boys are pumped," Ford said.

AUS HOCKEY

Huskies look to build on their winning ways

Hockey fans have plenty of Atlantic University Sport action to follow this weekend.

The Dalhousie Tigers and Saint Mary's Huskies hit the ice, with both men's teams playing twice and both women's squads facing off once.

The fourth-place male Huskies are on the road in New Brunswick, taking on the Moncton Aigles Bleus on Friday night and the St. Thomas Tommies on Sunday evening.

The seventh-place male Tigers, meanwhile, will be in tough when they host the second-place UNB Varsity Reds on Friday night. Their odds will be better when they welcome the fifth-place UPEI Panthers on Sat-

urday night. Puck drop on both games is 7 p.m. at the Halifax Forum.

On the women's side, the Huskies and Tigers are both coming off a hard-fought, mid-week Halifax rivalry match-up. Saint Mary's edged Dalhousie 2-1 on overtime Wednesday night at the Halifax Forum.

The first-place Huskies have a strong chance of increasing their current winning streak to three straight when they host the seventh-place UPEI Panthers at Alumni Arena on Sunday afternoon, while the sixth-place Tigers host the Panthers on Saturday evening at the Halifax Civic Centre.

Check out www.atlanticuniversitysport.com for more.

KRISTEN LIPSCOMBE/METRO

AUS BASKETBALL

SMU, Dal set for busy weekends

The Saint Mary's Huskies and Dalhousie's Tigers hit the court this weekend for basketball double-headers.

The Tigers head west to tip off against the UNB Varsity Reds in Fredericton, with the women playing at 6 p.m. Friday and Saturday, and the men following up at 8 p.m. both nights.

The Huskies host the Memorial Sea-Hawks, with the women tipping off at 6 p.m. on Friday and 1 p.m. on Sat-

urday, while the men follow suit at 8 p.m. on Friday and 3 p.m. on Saturday.

On the women's side, Saint Mary's is currently in second place, while Dalhousie is in fifth place of Atlantic University Sport standings.

The male Tigers lead the AUS, while the Huskies trail in seventh place.

Go to www.atlanticuniversitysport.com for more. KRISTEN LIPSCOMBE/METRO



NHL KUZNETSOV BURNS CANUCKS IN D.C.

Capitals defenceman Karl Alzner celebrates with teammates after scoring against Vancouver Canucks goalie Ryan Miller in the second period on Thursday night in Washington. On the night Alex Ovechkin was honoured for scoring his 500th goal, fellow Russian forward Evgeny Kuznetsov had two goals and an assist in the Capitals' 4-1 win. ALEX BRANDON/THE ASSOCIATED PRESS

NBL CANAD

Hurricanes dumped by Mill Rats again

The Saint John Mill Rats took another nibble out of the Halifax Hurricanes' regular-season record Thursday evening.

On their home court at Harbour Station, the Mill Rats edged their regional rivals 98-91, beating the Hurricanes for the second time in less

han 24 hours.

Saint John also topped Halifax 105-100 at the Scotiabank Centre on Wednesday night.

Forward Anthony Criswell led the Canes with 23 points and 13 rebounds and guard Justin Johnson put up 15 points and had eight assists, according to a Halifax Hurricanes news release.

For the Mill Rats, guard Doug Herring Jr. notched 22 points, forward Jean-Richard Volcy scored 19 points and guard Corey Allmond added 18 points, the news release said.

The Hurricanes still have a solid 6-3 record, good enough

for first place in the NBL Canada Atlantic division.

The Mill Rats are in second place with a 6-4 record.

The Hurricanes remain on the road this weekend, with a match up against the Moncton Miracles set for this Sunday. Tip off is at 2 p.m.

NBA

Lowry's class tricks Magic in London

The Toronto Raptors are becoming accustomed to putting in extra effort on their trans-Atlantic trips. Kyle Lowry scored 24 points, Cory Joseph had 19 and the Raptors won their fourth straight game Thursday, holding off the

Magic 106-103 before a sold-out crowd at London's O2 Arena.

The last time the Raptors (25-15) visited Lon-

don, back in March, 2011, they lost in triple overtime to the Nets, a see-saw game that saw DeMar DeRozan and former Raptors centre Andrea Bargnani both missed last-second shots.

This time, DeRozan had 13 points and 11 rebounds as the

NFL IN BRIEF

Rams fans sue team over

pre-move false statements

A lawsuit filed by four Rams

fans from St. Louis claims

owner Stan Kroenke and

others lied about their de-

sire to keep the team in St.

law. The suit was filed Wed-

nesday in St. Louis Circuit

owners voted to allow the

The suit alleges that

Rams to relocate to Los An-

Kroenke and chief operating

officer Kevin Demoff made

false and misleading state-

ments indicating the team

had no intention to move.

THE ASSOCIATED PRESS

Court, one day after NFL

Louis, violating Missouri

Raptors avenged a Nov. 6 loss in Orlando that spoiled Toronto's franchise-best 5-0 start. Seven Raptors reached double figures, with Jonas Valanciunas scoring 13, and Bismack Biyombo, Patrick Patterson and Luis Scola

each getting 11.
Victor Oladipo scored 27 points and Evan Fournier had 21 as Orlando (20-19) lost for the sixth time in seven

games.
Nikola Vucevic had 17 points and 11 rebounds for the Magic, while Tobias Harris had 16 points and 11 boards. Two free throws by Lowry put Toronto up 105-100 with 43 seconds left in overtime, but Oladipo answered with a three-pointer. THE CANADIAN PRESS

Chip Kelly hired by 49ers

have hired Chip Kelly as their

York announced the move on

Twitter and so did the team.

York says, "After a thorough

search, Trent & I are thrilled

the new #HeadCoach of the

will replace fired coach Jim

Tomsula. Kelly emerged as

the favourite among several

experienced candidates that

included Mike Shanahan

and former Raiders coach

Hue Jackson, hired Wednes-

day to coach the Cleveland

Browns. THE ASSOCIATED PRESS

The former Eagles coach

to announce Chip Kelly as

49ers.

new head coach. CÉO Jed

The San Francisco 49ers





Travis Kelce's Chiefs meet Rob Gronkowski's Patriots on Saturday in Foxborough, Mass. THE ASSOCIATED PRESS FILE

Clash of the tight ends

NFL PLAYOFFS

Gronkowski vs. Kelce riveting sideshow to Chiefs vs. Pats

Travis Kelce has always been competitive, whether it was on the playground as a kid, the Cleveland Heights football field in high school, or inside Nippert Stadium at the University of Cincinnati.

It didn't change when he was drafted by the Kansas City Chiefs, either. If anything, the tight end became even more competitive, setting a goal to be the best player at his position in the NFL.

And on Saturday, he'll have his biggest platform yet to state his case when the Chiefs visit the New England Patriots in the divisional round of the playoffs. On the other sideline? Rob Gronkowski, considered to be the best tight end in the game.

"I have no control over what

over what I do," Kelce said.

"Rob's been an outstanding tight end, needless to say — all the stuff he's been able to do in the league. But we're in a single elimination game. I have no focus or care for what that offence does." Nor does Gronkowski care what the Kansas City offence does. Both tight ends are focused on beating the opposing defence, not beating each other in catches or yards or touchdowns. It sure is an interesting game within the game, though.

Gronkowski was the Patriots' leading receiver with 1,176 yards this season, while Kelce was the Chiefs' second-leading receiver with 875. That put both of them in the top four in the AFC among tight ends, with Gronkowski at the peak of the ladder and Kelce just a few rungs below. They are

ODE DIVISIONAL ROUND MATCHUPS

AFC: Kansas City (11-5) at New England (12-4), Sat., 4:30 p.m. ET AFC: Pittsburgh (10-6) at Denver (12-4), Sun., 4:40 p.m. ET NFC: Green Bay (10-6) at Arizona (13-3), Sat., 8:15 p.m. ET NFC: Seattle (10-6) at Carolina (15-2), Sun, 1 p.m. ET

also first and fourth, respectively, in yards receiving over the past two years. But it's Kelce who has the most yards-after-catch among tight ends over that time with 1,045. Gronkowski is next at 1,022, another example of just how closely they mirror each other.

"We see a very good tight end in practice every day, so that's great. Very challenging for us," Patriots defensive co-ordinator Matt Patricia said. "But there's a lot of good tight ends in the league. (Kelce) is certainly one of the better ones." His performance in last weekend's wild-card win over Houston proved it. Kelce had eight catches for 128 yards, the third-most productive performance in a playoff game in franchise history.

"Kelce's good. He's explosive," Patriots cornerback Patrick Chung said. "He's explosive, good hands, good run-after-the-atch. That's key with him. He's good. He wouldn't be in the playoffs — that team wouldn't be in the playoffs — if he wasn't good."

Both tight ends figure to factor prominently in their team's game plans Saturday, and that should give both the perfect opportunity to prove they are the best at their position.

THE ASSOCIATED PRESS



Rob's been an outstanding tight end, needless to say. But we're in a single elimination game. I have no focus or care for what that offence does. Chiefs tight end Travis Kelce



FLEA MARKETS Watkins-L Langille • Button It By WROL Third Eye Blind - Games & Collectibles The What'Chamacallit Shop Boone's Books . Avon - Anne Little LUMIZS.ca • Randy's Collectibles • Variety Boutique Steve's Diecast Cars + • Bill Mont's Collectibles Lucella's Homemade Goodies (Baking, etc.) **BOOTHS AVAILABLE** OPEN SAT & SUN 9AM-4PM **ADMISSION 51**

42 Canal St, Dartmouth 902-407-3323 • HWMarket@eastlink.ca

HFX Forum Flea Market The Original (Since 1975) 200+ Tables "Everything from a Meedle to an Anchor" Spaces \$17 Admission \$2 • Sunday 9-2 Bingo Hall, Windsor/Almon St. 902-463-1406

New Year's 🤾 **Smart Smiles** SPECIAL! \$90 Dental Hygiene If additional appointments are needed for above services, they will be completed at no extra charge. 3542 Novalea Dr. Hfx & 193 Portland St. Dart www.smartsmilesdh.com Group Rates & Mobile Services Available Call Today! 902-830-6908

DENTISTRY

MASSAGE THERAPY

John Panter. **Certified Rolfer™**



902 425 2612 • fareast@auracom.com

Give it to a friend at no extra cost.

Apartment Finder

To advertise contact 421-5824

January 15

HOME HEATING

Heat Pumps from \$33/mth

Nova Scotia Power On Bill Financing



THE ALABASTER I

103 Alabaster Way, Spryfield

at Governor's Brook

NOW AVAILABLE

Brand New Apartments in Quiet Residential Neighbourhood



OPEN HOUSE Saturday from 1-4 pm

- Large 2 bedroom suites
- All utilities included
- In-suite air conditioning
- Secure entrance
- Near medical centres & grocery

Call to book your viewing 902-700-6798

Starting at

\$1,250 incl. utilities

MOVERS ARBOURSHORE Welcome to Harbourshore **ABLE MOVERS** Apartments on the water!



- Free In Home Quote • Insured Professional Service
- Call today for your free estimate! 471-9733

1 & 2 Bdrm Apts. from \$695

- 24/7 On-site management & maintenance team
- On-site laundry facilities
 - · Locally owned & operated
- Secure and quiet Dog-free building
- Heat, hot water & outdoor parking incl. Indoor parking available.
- · Beautiful harbour and private courtyard views
- Units available with dishwashers, balconies & laminate flooring
- · Located between the bridges, close to downtown and Burnside, and on a bus route

902-465-3135 • harbourshore@eastlink.ca Easy online application at harbourshoreapartments.ca



A NEW YEAR A NEW HOME!

FIND MY PLACE TO LIVE! **902-449-RENT** (7368)

DARTMOUTH 902-402-2915 902-402-6287 902-401-2735 902-401-8312

KENTVILLE 902-691-3000 902-402-1518

HALIFAX 902-402-1518 902-402-2915

WINDSOR 902-402-1518 902-791-0232

WAIVED SECURITY DEPOSIT FOR SENIORS ON SELECT UNITS!

www.metcap.com





One and Two Bedroom Apartments from \$900/Month Includes infloor heating, h/w, balcony, 6 appliances

Occupancy NOW or later ONE MONTH FREE RENT

5 corners near downtown. Harbourvista Apts.

222 Portland St • 902-809-2221 • 902-329-3222 • harbourvista.ca

Visit metronews.ca

Apartment Finder To advertise contact 421-5824

January 15



58 Holtwood Court, Dartmouth (off Baker Dr.)

PREMIUM AMENITIES • Spacious 2 Bedroom &

- 2 Bedroom plus Den Suites Fitness Room from 995 to 2,170 sq. ft.
- Six Full Size Appliances (Incl. Self Cleaning Oven)
- · Large Balconies
- Granite Countertops
- Guest Suite
- Cat & Small Dog Friendly
- Deluxe Residents Lounge
- Rooftop Terrace
- Underground Parking
- Indoor Car Wash Bay

NOW RENTING

6 Floors of **Breathtaking** Views and the Latest in Luxury!



Tel: 1-888-236-7767 Email: rentals@cpliving.com

VINCENT M COLEMAN

- UPSCALE CITY LIVING -

& 3 Bedroom Suites Available



- Spacious Suites up to 1675 Square Feet
- Granite countertops
- Ensuite laundry with full size washer & dryer
- Large balconies
- Underground parking
- Fully equipped fitness room

3330 Barnstead Lane • call John 902 818 3330 • thevc.ca





CALL FOR A VIEWING OR **VISIT US**

M-F 8:30am-8pm Sat 10am-7pm **Sun 12-4pm**



2 and 3 Bedroom Apartment Homes

Garden Plots • Movie Theatre • Secure Building Fitness Centre • Business Centre • & More!

902.407.7007

avonhurstgardens.com

PARAMOUNT 🔀

CARRIAGE PLACE

30 Old Sackville Rd., Lwr Sackville

1, 1+Den & 2 BR Units

- 5 appliances heat hot water
- granite countertops
- underground parking



BARRINGTON NARROWS

3260 Barrington St., Halifax

Studio, 1 & 2 BR Units

- 5 appliances heat hot water
- underground parking
- near downtown



PARKLAND ARMS

390 & 422 Parkland Dr., Clayton Park

2 & 3 BR Units

- 5 appliances
- heat hot water
- parking



CRESTVIEW APARTMENTS

11 Amin St. & 86 Nelsons Landing Blvd., Bedford

2 & 3 BR Units

- 3 appliances heat hot water
- parking quiet setting



CITY CENTRE TERRACE

6028 Lady Hammond Rd., Halifax

2 BR Units

- 2 full baths 3 appliances
- heathot water
- secure building



ARMCREST ESTATES

271 & 279 Stokil Dr., Lwr Sackville

1, 2 & 3 BR Units

- up to 3 appliances heat
- hot waterparking



DND & Capital Health Discounts Available



902.880.8439 880view.ca



STONECREST VILLAGE 80 Chipstone Close, Halifax

Park-like setting close to Bayer's Lake Park

1 BR, 2 BR & 2 BR Large

(No Security Deposit on Select Suites)

- 5 Appliances**
- New Blinds

\$500 Move-in Incentive

902-701-0021





BEDFORD HEIGHTS 22-40 Bedros Lane, Halifax

Overlooking Bedford Basin

2 BR & 2 BR Large

- . Modern Suites with Spacious Balconies
- 6 Appliances
- · Fob Access In-Suite Laundry Cat Friendly
- 2 Full Baths
- 24/7 Exercise Room



Move-in

Incentive*





· 24/7 On-site Staff

Steps to Public Gardens & the shops on Spring Garden Rd.



(No Security Deposit on Select Suites)

- Indoor Pool, Sauna & Fitness Facility

- Pet Friendly (Cats & Dogs) 24/7 Laundry Facilities
- . Underground Parking & On-site Storage





902-422-4545

902-442-5404

GARRISON WATCH/HARBOUR RIDGE 5536 Sackville St., Halifax

In the Heart of Downtown Halifax

1 BR & 2 BR

(No Security Deposit on Select Suites)

- In-suite Laundry**
- Spacious Suites
- In-suite AC**
- New Blinds
- Fob Access
- 24/7 On-site Staff • Pet Friendly (Cats & Dogs)



CUNARD COURT 2065 Brunswick Street, Halifax

A short walking distance to everywhere in downtown Halifax

1 BR & 2 BR

- Downtown Living at a Great Price
- Above & Underground Parking Available Fob Access
- 5 Appliances
- In-suite Laundry
- Cat Friendly
- 24/7 On-site Staff

902-442-7247



MACDONALD APARTMENTS 5885 Cunard Street, Halifax

Overlooking the Halifax Commons Bachelor, 1 BR & 2 BR

- Bright & Spacious Suites right on Commons Fob Access
- 24/7 Deluxe Laundry Facilities
- Fitness Ctr, Sauna & Indoor Pool
- Secure Underground Parking
- Pool Side Deck & Community Garden
 Cat Friendly

5 % Senior, Military & Capital Health **Employee Discounts Available**

**Available in Selected Suites.

• 24/7 On-site Staff

New Blinds

SECURITY

DEPOSIT

*Starting prices, availability and incentives are subject to change without notice. E. & O. E.









For more information visit: www.realstar.ca

Apartment Finder To advertise contact 421-5824



Quality apartments, best selection of locations. Call 902-425-8877



universalgroup.ca





We have the best quality, variety, selection, locations and price ranges in Atlantic Canada. We'd like to prove it to you. Get in touch and we'll help you find your new home.

CALL: 902.430.3243 VISIT: KILLAMLIVING.COM





- Fully A/C Units with Climate Control
- Six Premium Stainless Appliances
- Wood Floors
- Fitness Center & Large Common Room
- Heated Underground Parking
- Next to BMO Centre, CP Allen & Bus Routes

CALL NOW 902-488-7368 (RENT) 275 Innovation Drive, West Bedford

Give it to a friend at no extra cost. metr#

drive: 2 wds.

13. 'Final' suffix (Settle)

21. Honest

25. Boldness

tree nymph

28. Lotion in-

son goddesses 31. ___ extra cost 32. Canadian ac-

33. Menotti opera,

_and the Night

tress, Cara

__ Visitors

gredient

12. Mr. Wheaton

19. "Holy smokes!"

26. Mythological

29. Greek Myth: Sea-

RECIPE Deli Quesadillas



Ceri Marsh & Laura Keogh For Metro Canada

Let's finish off the week easy, shall we? Stop by the deli counter on your way home and pick up some sliced meat and dinner will be halfway made.

Readvin

Prep time: 15 minutes Serves 2

Ingredients

- 12 to 16 slices of roast turkey or deli turkey
- · 2 apples, thinly sliced • 50g white cheddar
- cheese, thinly sliced · 4 whole wheat tortillas
- 2 teaspoon olive oil

Directions

1. Place a skillet over medium low heat and add 1/2 tsp of oil.

2. Place your tortillas in the pan. Arrange your cheese slices across one half of the tortilla. Then layer 1/4 of the apple slices and four slices of meat on top of that.

3. Cook until tortilla is beginning to brown on the outside and the cheese begins to melt. Fold the tortilla in half and flip to warm the other side, about 1 minute. Remove the quesadilla to a clean cutting board. Repeat until you have 4 quesadillas. Slice the quesadillas in triangles and serve with a salad.

If you're using these in a packed lunch. Allow them to cool before storing in an airtight container in the refrigerator. Reheat quesadillas in the morning and then pack in a thermal lunch container.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

1. Ms. Sommer ___(Three multiple choice options) 10. New Zea-14. Grinding factory 15. Ms. Palin 16 Phoenix locale [abbr.] 17. Downright nasty 18. Kitchen backsplash choice 2 wds 20. Best Actress in a Movie Made for Television or ___ (One of two categories in which Rachel McAdams is a Critics' Choice Awards nominee for this weekend's ceremony) 22. Company's experience-getter 23 Knock 24.100 [abbr.] 27. American state 30. Casino card game gig 32. Analyze 36. Canadian pairs skaters Sale & Pelletier won 2002 Olympic gold for their performance to what movie theme music?: 2 wds. 38. Faux/artificial, briefly 39. Showbiz legend Ms. Day 40. _ Scotia 41. Moisturizer variety: 2 wds. 43. Wished 44. Egyptian Myth: Scarab-headed god 45. Medieval labourer

47. "Clumsy" band,

briefly

1	2	3	4		5	6	7	8	9	N.	10	11	12	13
14	\vdash	\vdash	+		15	+	\vdash	\vdash	+		16	\vdash	+	t
17	\vdash	t	+		18	\vdash		\vdash	\vdash	19		t	+	✝
20	H	H	1	21		t	t	$^{+}$	$^{+}$	1	H	t		
22	\vdash	t	+	+	\vdash			23	\vdash	+		24	25	26
				27	t	28	29		30		31	H	1	✝
32	33	34	35			36		37			\vdash	H	1	✝
38	\vdash	H	+		39	Н		\vdash	+		40	H	+	╁
41	\vdash	\vdash	+	42		+		+		43		t	+	╁
44	$^{+}$	H	+	+	\vdash		45	\vdash	46					
47	┢	H	8	48	1	49			50	7	51	52	53	54
		55	56		\vdash	+	57	58	1	+	\vdash	t	+	╁
59	60		1	+	\vdash	+		+	+		61	+	+	+
62	\vdash	+	+		63	+		+	+	b	64	+	+	+
65	+	+	+	8	66	+	-	+	+	6	67	+	+	╁

48. Ms. Gardner 50. Prophet 55. The Guess Who song: 2 wds. 59. Big river in New Brunswick 61. Musician Mr. Puente 62. _ Sound, Ontario

63. Baronial 64. Smelly 65. Ernie's muppet friend 66 Rose parts 67. Network of nerves

DOWN

1. "My Kind of Love"

singer Ms. Sande 2. "Easy _": 1972 Uriah Heep tune 3. Austrian painter, Gustav (b.1862 - d.1918) 4. Ms. Kemper of

"Bridesmaids" (2011) 5. Acquiesce 6. Telecom speed

unit 7. Royal symbols 8. More uncooked 9. Acting/guessing party game 10. "_ & Leopold" (2001) 11. It's an 'Eire-ea' of

34. The 'wrap' of a veggie wrap: 2 wds. 35. Footprint 37. Vitalities 39. Retro outdoor movie-aoina venues 42. Beach 'hermits' 43. Olympian queen 46. Nick of "The Deep" (1977), and surnamesakes 49. Specialized vocabulary 51. Character in 1997's "Titanic", John Jacob IV 52. Country in a 2010 mining rescue operation 53. Rolling Stones album: '__ Blee 54. Wear away _ Bleed' 56. Laundry accumulation 57 Toothpaste holder 58. Movie 59. San Francisco's _ Hill 60. Female sheep

* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20 With Mercury in retrograde, you would be wise to think before you speak, especially on the work front. Weigh your words carefully. Do they really have to be said?

Taurus April 21 - May 21 You will get through chores, at home and at work, in record quick time today. You will also reach a decision about an offer you have been in two minds about taking.

Gemini May 22 - June 21 Be very careful what you choose to believe today because the planets warn you will be open to negative propaganda. Anyone who tells you to follow their lead is not to be trusted. Listen to your inner voice.

Cancer June 22 - July 23 Your powers of persuasion are usually very good but they may fail you today. You're trying too hard to convince others, and that makes them suspicious. Aim to be less forceful.

Leo July 24 - Aug. 23 People in positions of power will say good things about you today but don't think you can rest on your laurels. You have gone up in their estimation, but you must work even harder to maintain your position.

Virgo Aug. 24 - Sept. 23 As Mercury is linked to luck planet Jupiter today you'll get away with things today, but that's no excuse to behave badly. People will respect you more if you respect them.

Libra Sept. 24 - Oct. 23. There is no reason to hold back: give it all you've got and show the world what you are capable of. If you've been thinking about changing jobs or location now is the time to do it.

Scorpio Oct. 24 - Nov. 22 In your hurry to get ahead don't forget that other people have feelings too. Be careful what you say to work colleagues today because if they feel you are being unfair they will turn against you.

Sagittarius Nov. 23 - Dec. 21 Anyone who disagrees with you will wish they had kept their opinions to themselves. Mercury linked to Jupiter means you won't hesitate to point out their faults and failings.

Capricorn Dec. 22 - Jan. 20 Do what has to be done and worry about the consequences later. The results will speak for themselves, so pay no mind if your attitude upsets other people.

Aquarius Jan. 21 - Feb. 19 You can afford to be optimistic and you can afford to take risks. A money-making opportunity will come your way. Don't waste time thinking about it - take action!

Pisces Feb. 20 - March 20 If you are told something of a privileged nature you must keep it to yourself. With Mercury, planet of communication, linked to Jupiter, planet of excess, there is a danger you will let slip information.

CONCEPTIS SUDOKU by Dave Green

Newfoundland to

explore on a scenic

Every row, column and box contains 1-9

		4		5		1		
	5		9		8		7	
8								5
	3		5		1		4	
1								2
	6		8		9		3	
2								9
	8		2		4		5	
		5		7		6		

metr⊕ **Tell us** how you really feel.

metronews.ca/panel

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



2	7	4	8	5	6	9	1	3
5	8	3	2	1	9	6	7	4
6	1	9	3	7	4	8	5	2
1	9	6	7	4	5	2	3	8
7	4	2	9	3	8	5	6	1
3	5	8	1	6	2	7	4	9
4	2	7	5	9	1	3	8	6
8	3	1	6	2	7	4	9	5
9	6	5	4	8	3	1	2	7

Smake-less

Halifax (Lacewood Plaza) 70 Lacewood Drive Suite 135 Halifax, NS, B3M 2P1 902.460.8963



Dartmouth (Woodlawn Plaza) 112 Woodlawn Road Suite 102 Dartmouth, NS, B2W 2S7 902.444.4132

www.smokelessonline.com



HYUNDAI®

% FINANCING[†]

FOR B4 MONTHS

ON ALL 2016 MODELS

NO WONDER THE COMPETITION ALREADY HATES 2016.

CLEAROUT OFFERS —

ON 2016 ELANTRA AND SANTA FE SPORT MODELS!

2016 ELANTRA I MANUAL



INCLUDES \$5,532 IN PRICE ADJUSTMENTS¹⁰









Sport Appearance Package model shown

COMPREHENSIVE LIMITED WARRANTY" ON ALL HYUNDAI MODELS

2016 SANTA FE SPORT







Visit HyundaiCanada.com for details on our entire line-up!



THIS IS HOW WE DO IT.





SEE YOUR DEALER FOR DETAILS http://www.hyundaicanada.com/my1st



5-year/100,000 km Comprehensive Limited Warranty** 5-year/100,000 km Powertrain Warranty 5-year/100,000 km Emission Warranty 5-year/Unlimited km 24 Hour Roadside Assistance



®/IPMThe Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. ±Cash purchase price of \$10,300 available on all new 2016 Elantra Sedan L Manual models and includes price adjustments of \$5,532. Price excludes Delivery and Destination charge of \$1,695, any dealer admin. fees, registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes. Delivery and Destination charge includes freight, PD.E. and a full tank of gas. ±Finance offers available O.A.C. from Hyundai Financial Services. Financing example: 2016 Santa Fe Sport 2.4L EWD at 0% per annum equals \$163 bitweekly for 84 months for a total obligation of \$29,666. \$0 down payment required. Cost of borrowing is \$0. Finance example includes Delivery and Destination of \$29,666. \$0 down payment required. Cost of borrowing is \$0. Finance example includes Delivery and Destination of \$29,666. \$0 down payment required. Cost of borrowing is \$0. Finance example includes Power and Destination of \$29,666. \$0 down payment required. Cost of borrowing is \$0. Finance example includes Power and Destination of \$29,666. \$0 down payment required. Cost of borrowing is \$0. Finance example includes Power and Destination of \$29,666. \$0 down payment required. Cost of borrowing is \$0. Finance example includes Power and Destination of \$29,666. \$0 down payment required. Power and Destination of \$29,666. \$0 down payment required. Cost of borrowing is \$0. Finance example includes Power and Destination of \$29,666. \$0 down payment required. Power and Destination of \$29,666. \$0 down payment required. Power and Destination of \$29,666. \$0 down payment required. Power and Destination of \$29,666. \$0 down payment required. Power and Destination of \$29,666. \$0 down payment required. Power and Destination of \$29,666. \$0 down payment required. Power and Destination of \$29,666. \$0 down payment required. Power and Destination of \$29,666. \$0 down